

NYUNGE KTC	၁၇။	<p>। ତ୍ରିମୁଦ୍ରାନ୍ତର୍ଗୀତ୍ସଂଧ୍ୟେ । କ୍ରୂପ୍ୟଗୁର୍ବସନ୍ତର୍କ୍ଷେତ୍ରୀଶ୍ୱର୍ବଜୀ । ଏହାରେଇସ୍ତେଷ୍ଵର୍ଣ୍ଣଶ୍ରୀଦ୍ୟତ୍ୱାଦସନ୍ତର୍ମୁଦ୍ରା ।</p> <p><i>Having bowed respectfully to my guru and protector, Chenrezig, the moon of enlightened compassion of all Victors, whose splendour shines throughout the land of snow-covered mountains, I have clearly and concisely composed his practice.</i></p> <p>। ତ୍ରିମୁଦ୍ରାନ୍ତର୍ଗୀତ୍ସଂଧ୍ୟେ । କ୍ରୂପ୍ୟଗୁର୍ବସନ୍ତର୍କ୍ଷେତ୍ରୀଶ୍ୱର୍ବଜୀ । ଏହାରେଇସ୍ତେଷ୍ଵର୍ଣ୍ଣଶ୍ରୀଦ୍ୟତ୍ୱାଦସନ୍ତର୍ମୁଦ୍ରା । ଶ୍ରୀମହାରକ୍ଷାଶ୍ରୀଚେନ୍ରେଜିଙ୍କ୍ଷାପର୍ଯ୍ୟନ୍ତାପା । ଏହାରେଇସ୍ତେଷ୍ଵର୍ଣ୍ଣଶ୍ରୀଦ୍ୟତ୍ୱାଦସନ୍ତର୍ମୁଦ୍ରା ।</p> <p><i>On a mandala sprinkled with perfumed water, draw an eight-petaled lotus or arrange nine piles of grain indicating the eight directions (and the center), place the offerings (in the bowls), prepare a torma, and while reciting the long mantra of the Vase, expel obstructions. Then to take the Sojong Vows, prostrate three times in front of the Lama, or a representative support. Prostrate three times then kneel on right knee.</i></p>	2
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NYUNGE KTC	၁၈။	<p>। ଶ୍ରୀମହାରକ୍ଷାଶ୍ରୀଚେନ୍ରେଜିଙ୍କ୍ଷାପର୍ଯ୍ୟନ୍ତାପା ।</p> <p><i>CHHOK CHU NA ZHUK PAY SANG GYE DANG JANG CHHUP SEM PA THAM CHE DANG CHOM DEN DE</i> All Buddhas and Bodhisattvas residing in the ten directions, the unequalled Victorious One,</p> <p>। ଶ୍ରୀମହାରକ୍ଷାଶ୍ରୀଚେନ୍ରେଜିଙ୍କ୍ଷାପର୍ଯ୍ୟନ୍ତାପା ।</p> <p><i>NYAM ME SHAK KYA GYAL PO DANG PHAK PA CHEN RE ZIG WANG CHHUK DAK LA GONG SU SOL</i> King of the Shakyas and Noble Lord Chenrezig - please grant me your attention:</p>	3
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ཇི་ལྡན་ଶ୍ଵର୍ଗୀଁ ଦେ ଶୈଳିନୀ ଶବ୍ଦରେ ପାତାମାତ୍ରା ଯଦୁଦ୍ଵାରା ପରିଷକ୍ଷଣ କୁଶହାତିରେ ଶୈଳିନୀ  
**JI TAR NGON GYI DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY SANG GYE TA CHANG SHE TA BU**  
Just as the Tathagatas, Arhats, perfectly pure and accomplished Buddhas did, like the heavenly steed

ସ୍ଵର୍ଗକେନ୍ଦ୍ରୀ  
LANG PO CHHEN PO  
and the great elephant, what had to be done, they caused it to be done. They eliminated the burden of the five aggregates.

ପ୍ରାଣବ୍ୟବ୍ରତୀ  
JA WA JE SHING  
SI PA KŪN TU JOR WA YONG SU ZAY PA  
They realized in their turn all their aspirations and completely relinquished all the bonds to the possibilities of existence. Their speech is completely pure,

ପ୍ରିଦିପାତ୍ମକା  
JE PA JE PA  
YANG DAK PAY KA

ପ୍ରାଣବ୍ୟବ୍ରତୀ  
RANG GI DÖN JE SU THOB PA  
They realized in their turn all their aspirations and completely relinquished all the bonds to the possibilities of existence. Their speech is completely pure,

ଶ୍ଵର୍ଗକେନ୍ଦ୍ରୀ  
SI PA KŪN TU JOR WA YONG SU ZAY PA  
They realized in their turn all their aspirations and completely relinquished all the bonds to the possibilities of existence. Their speech is completely pure,

ପ୍ରିଦିପାତ୍ମକା  
YANG DAK PAY KA

ଆ

ପିଣ୍ଡାଧର୍ମପଦ୍ମଶର୍ଣ୍ଣପରିଷ୍ଠା  
LEK PAR NAM PAR DRÖL WAY THUK  
their mind is perfectly liberated,  
SEM CHEN THAM CHE KYI DÖN GYI CHHIR DANG  
Just as they took the Sojong vows for the sake of all beings,

ପିଣ୍ଡାଧର୍ମପଦ୍ମଶର୍ଣ୍ଣପରିଷ୍ଠା  
PHEN PAR JA WAY CHHIR DANG  
to benefit them,  
MU GE ME PAR JA WAI CHHIR DANG  
to spare them from famine,

ପିଣ୍ଡାଧର୍ମପଦ୍ମଶର୍ଣ୍ଣପରିଷ୍ଠା  
DRÖL WAR JA WAY CHHIR DANG  
to liberate them,  
JANG CHHUB KYI CHHOK KYI CHHÖ NAM YONG SU DZOK PAR JA WAY CHHIR DANG  
to perfect the aspects of the Dharma directed towards awakening, and

ପିଣ୍ଡାଧର୍ମପଦ୍ମଶର୍ଣ୍ଣପରିଷ୍ଠା  
NE ME PAR JA WAY CHHIR DANG  
to suppress illness,

LA NA ME PA YANG DAK PAR DZOK PAY JANG CHHUB TOK PAR JA WAY CHHIR  
to realize incomparable, perfect and complete enlightenment,

པད୍ମ མିନ୍ དି བେ ଶ ପ୍ରି ସ ଗୁର୍

DA [MING DI] ZHE GYI WE KYANG

କୁଶ ଦି କୁଶ ପତ୍ର କୁଶ

DÜ DI NE ZUNG TE

I, (say one's name) from this moment until sunrise tomorrow,

ଶାଙ୍କ ଦି ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

SO JONG NGE PAR LANG WAR GYIO  
shall definitely keep these same Sojong vows.

(3x, from page 3 Line 1)

ଶାଙ୍କ ଦି ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

SO JONG NGE PAR LANG PA DE ZHIN TU

ହି ଶି ନ ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

JI SI SANG NYI MA MA SHAR GYI BAR DU

6

ଦି କୁଶ ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

DENG NE SOK CHÔ MI JA ZHING

From now on I will not kill,

ଶାଙ୍କ ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

ZHEN GYI NOR YANG LANG MI JA

I will not take the belongings of others,



ଉଅ

ପରିଷ ପଦି କୁଶ ଗୁର୍ ମି ଶ୍ଵାଦ ଉଦ୍

THRIK PAY CHHÖ KYANG MI CHE CHING  
I will avoid all sexual activity,

କର୍ମ ପଦି ପତ୍ର ଶାଙ୍କ ପତ୍ର ଶାଙ୍କ

CHHANG NI YONG SU PANG WAR JA  
quickly lead to numerous shortcomings,

ଦି କୁଶ ପଦି କୁଶ ଗୁର୍

DRI DANG THRENG WA DANG NI GYEN  
I will not use perfume or jewelry,

ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍ ମି ଶ୍ଵାଦ

DZÜN GYI TSHIK KYANG MI MA O  
I will not lie,

ପରି ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍

THRI TEN CHHE THO MI JA ZHING  
I will not use high and luxurious seats.

ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍

GAR DANG LU SOK PANG WAR JA  
I will not sing or dance.

ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍

KYÖN NI MANG PO NYER TEN PAY  
I will completely abandon intoxicants which

ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍

DE ZHIN DÜ MA YIN PAY ZE  
I will not eat at the wrong time,

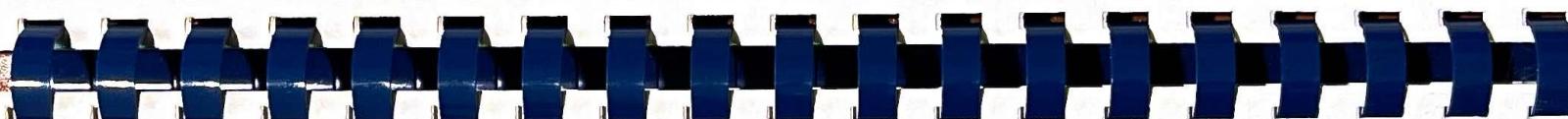
ଶାଙ୍କ ପଦି କୁଶ ଗୁର୍

JI TAR DRA CHOM TAK TU NI  
Just as Arhats

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<p><b>ՉԵՆ ՐԵ ԶԻԳ ՎԱՆԳ ԳԵ ԼՈՒՆ ՊԱԼ ՄՕ ԾԱՆԳ</b> Powerful Chenrezig, Gelongma Palmo and</p> <p><b>ՆՅԻ ՓՈՒԿ ՊԱ ԾԱՆԳ ՍՈՒ ՏՈՆ ԴՕ ՋԵ ԳՅԱԼ</b> Nyiphugpa and Sutön Dorje Gyal,</p> <p><b>ՇԵ ՐԱԲ ԲՈՒՄ ՊԱ ԳՅԱԼ ՍԵ ՐԻՆ ՊՈ ՉՀԵ</b> Sherab Bumpa, Gyalse Rinpoche</p>	<p><b>ՅԵ ՇԵ ԶԱՆԳ ՊՈ ԴԱ ՎԱ ՃՈՆ ՆՈ ԾԱՆԳ</b> Yeshe Zangpo, Dawa Shönu and</p> <p><b>ՃԱՆԳ ՏՈՆ ՃՐԱ ՋԻԿ ԽԵՆ ՊՈ ՑԻ ՃՈՒԼ ՎԱ</b> Shangtön Drajig, Khenpo Tsidulwa,</p> <p><b>ԿՈՆ ՉԻԿ ԶԱՆԳ ՊՈ ԼԱ ՄԱ ՆԳԱԿ ՎԱՆԳ ՎԱ</b> Könchog Zangpo, Lama Ngawangpa,</p>	<p><b>ՊԵ ՖԵ ՎԱ ԾԱՆԳ ՃԱՆԳ ՍԵՄ ԴԱ ԳՅԱԼ ԺԱԲ</b> Phenyawa and Jangsem Dagyal Shab,</p> <p><b>ԴԵ ՎԱ ՉԵՆ ՊԱ ԿԵ ՎԱ ՇԽՈ ՑԱՆԳ ՎԱ</b> Dewachenpa, Kaypa Chuzangpa,</p> <p><b>ՅԱՆԳ ՉԻՒԲ ՍԵՆԳ ԳԵ ԽԵՆ ՉԻԻՆ ՆՅԱԿ ՓՈՒ ՎԱ</b> Jangchub Senge, Khenchen Nyagpupa,</p>
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རྒྱ ད ས ར མ ཀྵ མ ཁ ས ཉ ཤ ས ལ ཡ

RING POR MI THOK DRO WA YI

ད བ ན ཕ ག མ བ ད བ བ བ བ བ བ བ

DE LE MI NYAM TANG NYOM SHOK

May they never be separate from joy. May they remain in equanimity.

ག ད བ བ བ བ བ བ བ བ བ བ བ

ZUNG DZIN CHHO NAM TONG PAR GYUR

All aspects of dualistic grasping become void.

འ ད བ བ བ བ བ བ བ བ བ བ བ

DREN PAY PAL DU DAK GYUR CHIK  
and so may I quickly become a true guide of beings.

ད བ བ བ བ བ བ བ

(Self Visualization)

ॐ བ བ བ བ བ

OM SOBHAWA SHUDDHA

ས བ བ བ བ བ བ བ བ བ

SEM CHEN DE DEN DUK NGAL DRAL  
May all beings be endowed with joy. May they not suffer.

ས བ བ བ བ བ

SARWA DHARMA

ན བ བ བ བ བ

SOBHAWA SHUDDHO HAM

འ ད བ བ བ བ བ བ བ བ བ

DE YI NGANG LE PE DAY TENG

From the void, standing on a lotus and moon disc, my own mind appears in the form of a white HRI.

ར བ བ བ བ བ བ བ བ

RANG SEM HRI YIG KAR PO LE

ஓ

ସ བ བ བ བ བ བ བ བ བ

Ó THRÖ SEM CHEN DÖN JE NE

It radiates light beneficial to all beings which is then absorbed back into the HRI.

ନ བ བ བ བ བ བ བ བ

LAR YANG DE LE CHAK KYU DANG

Again from the HRI light radiates in the form of nooses and hooks, inviting all the Buddhas and Bodhisattvas of the ten directions.

ନ བ བ བ བ བ བ བ བ

CHEN DRANG DE LA THIM PA YI

କୁ བ བ བ བ བ བ བ བ

TSHUR DÜ HRI YIG PEMA NI

It radiates light beneficial to all beings which is then absorbed back into the HRI.

ବ བ བ བ བ བ བ བ བ

ZHAK PA TA BU'I Ó THRÖ PE

Again from the HRI light radiates in the form of nooses and hooks, inviting all the Buddhas and Bodhisattvas of the ten directions.

ଶ བ བ བ བ བ བ བ བ

KAY CHIK NYI LA PE MA NI

They are absorbed into the HRI. In an instant, from the complete transformation of the HRI,

ସ བ བ བ བ བ བ བ བ

SER DOG BAR WA HRI TSHEN GYUR

The lotus is adorned with a (second) HRI blazing with a golden hue.

ଶ བ བ བ བ བ བ བ བ

CHHOK CHU'I SANG GYE JANG SEM NAM

କ୍ଷି བ བ བ བ བ བ བ

HRI DANG CHE PA YONG GYUR LE



ਮਦੁ.ਸਤ੍ਰ.ਘੰਨਾ.ਸੁ.ਵਹੀ.ਵਹੈ।  
DA ZHU YONG SU DZIN PA O  
a bow and arrow.

ਦੇ.ਤੱ.ਤੋਂ.ਤ੍ਰਹਾ.ਚਹਾ.ਨਮ.ਕੀ।  
DE TAR TONG THRAK CHHAK NAM KYI

ਕੁ.ਤੋ.ਨੁ.ਮਾ.ਯੋਨ.ਪਾ.ਨੀ।  
KU TÖ NU MA YÖN PA NI  
His left breast is completely covered by a deer skin,

ਦੇ.ਲਾਕ.ਚਹਾ.ਨੀ.ਗੁ.ਗਿਆ.ਦਾਂ।  
DE LHAK CHHAK NI GU GYA DANG  
The remaining nine hundred and ninety-two hands are in the gesture of supreme giving

ਥਿ.ਲੁ.ਚੇਨ.ਰੇ.ਡੇਨ.ਪਾ.ਓ।  
THIL DU CHEN RE DEN PA O  
with an eye in each palm. He is adorned with precious jewels.

ਰੀ.ਡਾਕ.ਪਾਕ.ਪੇ.ਯੋਂ.ਕਾਬ.ਪਾ।  
RI DAK PAK PE YONG KAB PA  
and his robe is made from the cotton of Benares.

ਗੁ.ਚੁ.ਤਸਾ.ਨੀ.ਚਹੋਕ.ਜਿੰ.ਦੇ।  
GU CHU TSA NYI CHHOK JIN DZE  
Ninety-two hands are in the gesture of supreme giving

ਨੋਰ.ਬੁ.ਰਿੰ.ਚੇਨ.ਗ੍ਯੇਨ.ਚਹਾੰਗ.ਝਿੰ।  
NOR BU RIN CHHEN GYEN CHHANG ZHING  
He is adorned with precious jewels.

ਕਾ.ਸ਼ਿ.ਇ.ਨਸਾ.ਨੀ.ਸਮ.ਬਵਾ.ਤਨ।  
KA SH'I RE KYI SHAM THAB CHEN  
and his robe is made from the cotton of Benares.

॥

ਧਿ.ਦੰ.ਦੰ.ਦੰ.ਚੁ.ਕੰ.ਵਹੈ।  
YI ONG DAR GYI CHÖ PEN DZIN  
He wears a crown with ribbons.

ਕ੍ਰਿ.ਧਿ.ਨਾ.ਦੰ.ਦੰ.ਚੁ.ਕੰ।  
HRI YIK KAR POY Ö ZER GYI

ਅੰ.ਵੰ.ਖੰ.ਖੰ.ਖੰ।  
OM BEDZRA ARGHAM AH HUNG

ਓ.ਚੇ.ਚੇ.ਚੇ.ਚੇ.ਚੇ।  
Ö ZER KAR PO THRO WAR GYUR  
Rays of white light spring from his body.

ਪੋ.ਤਾ.ਲਾ.ਨੇ.ਚੇਨ.ਰੇ.ਜਿ।  
PO TA LA NE CHENREZIG  
From the HRI light radiates to the Potala inviting the noble Chenrezig and his following.

ਅੰ.ਵੰ.ਖੰ.ਖੰ.ਖੰ।  
OM BEDZRA PADAM AH HUNG

ਦੇ.ਧੀ.ਲੁ.ਗਾ.ਗ.ਚੁ.ਕੰ।  
DE YI THUK KAR DA WAY TENG  
In the heart, on a moon disc is the white letter HRI.

ਖੋਰ.ਦਾ.ਚੇ.ਪਾ.ਚੇਨ.ਦ੍ਰਾਂ.ਗ੍ਯੁ।  
KHOR DANG CHE PA CHEN DRANG GYUR  
(Musical Offering)

ਅੰ.ਵੰ.ਖੰ.ਖੰ.ਖੰ।  
OM BEDZRA PUPE AH HUNG

ॐ बेद्ज्रा धुपे अहुङ्  
OM BEDZRA DHUPE AH HUNG

ॐ बेद्ज्रा नैविद्ये अहुङ्  
OM BEDZRA NEWIDYE AH HUNG

क्षोन्ग मां गी यि गो कु दोक कर  
KYÖN GYI MA GÖ KU DOK KAR

ॐ बेद्ज्रा अलोके अहुङ्  
OM BEDZRA ALOKE AH HUNG

ॐ बेद्ज्रा शप्दा अहुङ्  
OM BEDZRA SHAPDA AH HUNG  
(Musical Offering)

द्झोक संग ग्ये क्यि उ ला ग्येन  
DZOK SANG GYE KYI U LA GYEN  
Without stain, white is your body, a perfect Buddha adorns your head and you look on all beings with eyes of compassion.

ॐ बेद्ज्रा गेंड्हे अहुङ्  
OM BEDZRA GENDHE AH HUNG

त्रिमक्ता  
Then offer.

थुक जे चें ग्यि द्रो ला जिं  
THUK JEY CHEN GYI DRO LA ZIG  
Without stain, white is your body, a perfect Buddha adorns your head and you look on all beings with eyes of compassion.



๔๖

शुभ रसा शब्दिष्वा व्युष्मा रक्षय वर्ष्णा  
CHEN RE ZIG LA CHHAK TSHAL TÖ

I bow to you Chenrezig and praise you. We become inseparable. At the three places are the syllables OM AH HUNG.

लार यंग ह्री ले ओ थ्रो पे  
LAR YANG HRI LE Ö THRÖ PE

Again light radiates from the HRI causing the empowerment deities to come, the five victorious ones and their following.

ये शे दु त्सि द्जिं पा यि  
YE SHE DÜ TSI DZIN PA YI

the four female Buddhas bearing the supreme nectar of wisdom which they pour, bestowing empowerment on me.

इःहुङ् दीक्षा त्रिष्वा मेद्गुम्

DZA HUNG BAM HO NYI ME GYUR

शब्द शुभा अः अः शुभा मक्ता।

NE SUM OM AH HUNG GI TSHEN

वंश लाह रिक नगा खोर चे जों

WANG LHA RIK NGA KHOR CHE JÖN

देव नाम क्यि थुक का ने

From their hearts emanate

युम झी वर्ष्णा वर्ष्णा वर्ष्णा वर्ष्णा

YUM ZHI THRÖ NE DAK NYI LA

वर्ष्णा वर्ष्णा वर्ष्णा वर्ष्णा

NGÖN PAR WANG KUR CHHU YI LHAK

ਤੇਂਦੁ ਲੁ ਪੇ ਚਿ ਤਸੁਕ ਤੁ

TENG DU LÜ PE CHI TSUK TU

The nectar overflows, crowning me with Amitabha, the essence of the Lama.

ਰਿੰਗੁਨਾ ਧ੍ਰਵਨਾ ਧ੍ਰਵਨਾ

RIN JUNG NA YÖN DÖN DRUB NYI

Above the right ear Ratnasambhava. Above the left ear Amoghasiddhi;

ਰੰਗਿ ਥੁਕ ਕਾਰ ਪੇ ਦੈ ਟੇਂਗ

RANG GI THUK KAR PE DAY TENG

At heart level, on a lotus and moon disc

ਲਾ ਮੈ ਨਗ ਵੋ ਓ ਪਾਕ ਮੇ

LA MAY NGO WO Ö PAK ME

The nectar overflows, crowning me with Amitabha, the essence of the Lama.

ਤਾਕ ਪਾਰ ਨਾਮ ਪਾਰ ਨਾਂਗ ਦੇ ਦੇ

TAK PAR NAM PAR NANG DZE DE

and above the back of my head Vairochana.

ਧੈ ਸੇ ਸਮਾਨ ਧ੍ਰਵਨਾ

YE SHE SEM PAY NGO WO NYI

appears the very essence of the wisdom deity,

ਤ੍ਰਾਲ ਵਾਰ ਮੀ ਕਾਖੋਬਿਆ

TRAL WAR MI KYÖ NA YE SU

Above my forehead it becomes Akshobhya.

ਰਿਕ ਦਾਕ ਨਾਮ ਕੀ ਉਗੈਨ ਗ੍ਯੁਰ

RIK DAK NAM KYI U GYEN GYUR

Thus I am crowned by the masters of the five lineages.

ਥੁਕ ਜੇ ਚਹੇਨ ਪੋ ਤਸੋਨ ਗੱਗ ਵਾ

THUK JE CHHEN PO TSHÖN GANG WA

the Great Compassionate One, the size of a thumb.

ਦੈ ਯਿ ਥੁਕ ਕਾਰ ਟਿੰਗ ਨੇਂਗ

DE YI THUK KAR TING NGE DZIN

In his heart is a white letter HRI, [one's mind as] meditative absorption. From the HRI springs white light which purifies the veils covering the minds of all beings,

ਤਸੁਕ ਪੋ ਇਕ ਕਾਰ ਪਾ

THUK JE CHHEN PO'I KUR GYUR PA  
and they become the great Compassionate One.

ਸੇਮ ਪਾ ਹ੍ਰਿ ਕਾਰ ਪੋ ਲੇ

SEM PA HRI YIK KAR PO LE

ਓ ਥਰੋ ਦ੍ਰੋ ਵਾਏ ਦ੍ਰਿਬ ਜਾਂਗ ਨੈ

Ö THRÖ DRO WAY DRIB JANG NE

They melt into light which dissolves into the HRI.

ਨਾ ਮੋ ਰਾਤ ਨਾ ਤ੍ਰਾਤ ਯਾ

NA MO RAT NA TRA YA YA

ਨਾ ਮੋ ਅਰਾ ਜਨਾ ਨਾ ਸਾ ਗਾ ਰਾ ਬੇ ਰੋ ਤਸਾ ਨਾ ਬੁਹਾ ਰਾ ਦਾ ਯਾ

NA MO ARYA JNA NA SA GA RA BE RO TSA NA BUHA RA DZA YA

ਤਾ ਥਾ ਗਾ ਤਾ ਯਾ

TA THA GA TA YA

ਅਰਾ ਹਾ ਤੇ ਸਾਮ ਯਾ ਸਾਮ ਬੁਦ ਧਾ ਯਾ

AR HA TEH SAM YAK SAM BUD DHA YA

ନାମଃସରତ୍ତସାରିଶୁଃ	ଆରହତ୍ତସୁଃ	ଶବ୍ଦଶବ୍ଦଶୁଃ	ନମଃଖୁତ୍ତାପର୍ଯ୍ୟାତ୍ମାରିତ୍ତସୁଃୟା	ବିଦ୍ଵିଷାନ୍ତ୍ୟା
NA MA SAR WA TA THA GA TE BEH	AR HA TE BEH	SAM YAK SAM BUD DHE BEH	NA MA AR YA A WA LO KI TE SHA RA YA	BO DHI SA TO YA
ମାହାସାତ୍ୟା	ମାହାକାରୁନିକାୟା	ତେସା	ଓମିହରାଧାରା	ଧିରିଧିରି
MA HA SA TO YA	MA HA KA RU NI KA YA	TE YA THA	OM DHA RA DHA RA	DHU RU DHU RU
ତ୍ୟେତ୍ୟେ	ତ୍ୟେତ୍ୟେତ୍ୟେ	କୁସୁମେଗୁଣୁମାଭରେ	ଏଲିମେଲିଦିଗଦ୍ରିବଦ୍ରୋଲାମାପାନାୟା	ଶ୍ଵେତାନ୍ତ୍ୟା
TSA LE TSA LE	TRA TSA LE TRA TSA LE	KU SU ME KU SU MA WA RE	EE LI MEE LI DIG DRIB DZO LA MA PA NA YA SO HA	

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१९

ਅੰਮਨਿ. ਪੜ੍ਹੇ. ਕੁ।

OM MANI PE ME HUNG

(Recite the entire mantra once and the section beginning with "Tayata" 108 times, then say the six-syllable mantra OM MANI PEME HUNG as many times as you can.)

ព្រៃនាមគ្រប់ជនីជាតិ

(Visualization of the deity  
in front of oneself)

(Visualization of the deity  
in front of oneself)

ॐ हा या ग्रीवा हुं प्हे

OM HA YA GRI WA HUNG PHE

ଅନୁଷ୍ଠାନିକ

OM SO BA WA SHUD DHA

| ଶତକମ୍ୟ :

SARWA DHAR

| ପ୍ରକାଶକ୍ତି |

SO BHA WA SHUD DHO HAM

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NYUNGNE

KTC



। ଶନ୍ତା କ୍ରୂଷା ମହିଷା ଶୀ ଶୁଦ୍ଧା ଶୁଦ୍ଧି କୁଣ୍ଡା  
SANG GYE CHHOK GI TRUL KU'I TSHÜL  
All of them have the signs of Buddha's supreme emanation.

ହେତୁ ଦୀର୍ଘ ଶନ୍ତା ମେଦା ଶୁଦ୍ଧା

DZA HUNG BAM HO NYI ME GYUR  
They are absorbed into the damtsikpas and become inseparable.

କୁଣ୍ଡା ପରା ଶୁଦ୍ଧା ମହିଷା ଶୁଦ୍ଧା

CHHU ZHAB YAR LŪ TSO WO LA

The nectar overflows, forming Amitabha, crowning the head of the main deity. The other four Victorious Ones are crowned according to their lineages.

। ଶବ୍ଦା ଶବ୍ଦା ଅଞ୍ଚିତ୍ତା ହୁଣ୍ଡି ପନ୍ଦା

NE SUM OM AH HUNG NYI LE

From the syllables OM AH HUNG in their respective places the deities of supreme wisdom are invoked.

। ଯେ ସେ ଶେ ମନ ଦର୍ଶନ ଶୁଦ୍ଧା ସମ୍ବନ୍ଧା

YE SHE SEM PA CHEN DRANG THIM

(Musical  
Offering)

। ଲାର ଯାଙ୍ଗ ହ୍ରି ଲେ ଓ ଥ୍ରୋ ପେ

LAR YANG HRI LE Ô THRÖ PE

Again light springs from the HRI inviting the deities of empowerment who bestow their power with the vase of nectar.

। ଓ ପକ ମେ ଦଙ୍ଗ ରିକ ଝି ପୋର

Ô PAK ME DANG RIK ZHI POR

। ଶୋ ସୋ ରିକ କ୍ୟି ଉର ଗ୍ୟେନ ଗ୍ୟୁର

SO SO'I RIK KYI UR GYEN GYUR

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ଆ । ପଦମ ଦନ୍ତ ମନ୍ତ୍ର ଦୁ ପବ୍ଲା ଶା ଦ୍ୟା ।      ମୁଣା ଶା ହେ କେ ର ଦେ ଦୁ ମା ଶା ଶା ଦ୍ୟା ।      ଯେ ସେ ପଦ ଦୁ କେ ଦେ କୁଣ୍ଡ ପବ୍ଲା ଶା ଦ୍ୟା ।      ପା ଶା ଦୁ ପଦ ଶା ଗ୍ୟା କେ ମ ଶା

DAK DANG DÜN DU ZHUK PA YI      THUK JE CHHEN PO'I CHHAK SOR LE      YE SHE DÜ TS'I GYÜN BAB PE      BUM GANG YI DAK KÜN TSHIM GYUR  
Wisdom nectar flows from my fingers and those of the great Compassionate One in front of me.  
It fills the vase and by flowing towards the hungry ghosts, satisfies them.

ନା ମୋ ରାତ ନା ତ୍ରା ଯା ଯା

NA MO RAT NA TRA YA YA

ନା ମୋ ଅର୍ଯ୍ୟ ଜନା ନା ସା ଗା ରା ବେ ରୋ ତ୍ସା ନା ବା ହା ରା ଦ୍ଜା ଯା

NA MO AR YA JNA NA SA GA RA BE RO TSA NA BA HA RA DZA YA

ତା ତା ଗା ତା ଯା

TA THA GA TA YA

ଅର୍ହା ତେ ଶମ୍ଭୁଶା ସୁନ୍ଦା ଯା

AR HA TEH SAM YAK SAM BUD DHA YA

ନା ମା ଶାର ଵା ତା ତା ଗା ତେ ବେହ

NA MA SAR WA TA THA GA TE BEH

ଅର୍ହା ତେ ଶା

AR HA TA BEH

ଶମ୍ଭୁଶା ସୁନ୍ଦା ଯା

SAM YAK SAM BUD DHE BEH

ନା ମା ଅର୍ଯ୍ୟ ଆ ଵା ଲୋ କି ଟେ ଶୋ ରା ଯା

NA MA AR YA A WA LO KI TE SHO RA YA

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<b>ବୋଧିଶତ୍ୟ</b> BO DHI SA TO YA	<b>ମାହାଶତ୍ୟ</b> MA HA SA TO YA	<b>ମାହାରୁନିଗ୍ୟ</b> MA HA KA RU NI KA YA	<b>ତେୟାଥା</b> TE YA THA
<b>ଅଞ୍ଜନ୍ମନ୍ଦିର</b> OM DHA RA DHA RA	<b>ଦ୍ଵିରିଦ୍ଵିରି</b> DHI RI DHI RI	<b>ଦ୍ଵୁରୁଦ୍ଵୁରୁ</b> DHU RU DHU RU	<b>ଏତ୍ରେଏତ୍ରେ</b> EE TRE WI TRE
<b>ତ୍ସାଲେତ୍ସାଲେ</b> TSA LE TSA LE		<b>ତ୍ରାତ୍ସାଲେତ୍ସାଲେ</b> TRA TSA LE TRA TSA LE	
<b>ଶ୍ରୀମଦ୍ଭାଗବତପ୍ରକଳ୍ପା</b>			<b>କୁସୁମେଗୁସୁମାର୍ଯ୍ୟ</b> KU SU ME KU SU MA WA RE



ଅଳ୍ପାଶ୍ରୀମଦ୍ଭଗବତପାଠ  
 DE NE DAK GI YE SHE PA      DUN GYI TSO WOR THIM PAR GYUR  
 One's wisdom aspect dissolves into the principal figure in front

Then we offer the Seven-Branch Prayer and make prostrations while reciting this dharani.

।କୋନ୍ ଚ୍ହୋକସୁମ୍ ଲା ଚ୍ଛାକ୍ ତ୍ସାଲୋ  
KÖN CHHOK SUM LA CHHAK TSHAL LO  
I pay homage to the Three Jewels.

।ଶଙ୍କା କ୍ରୂଷା ସମ୍ବନ୍ଧ ଦ୍ୱାରା ପଦେଣ୍ଟିଲ୍ଲା  
SANG GYE THAM CHE DÜ PAY KU  
The embodiment of all Buddhas,

।ଲା ମା ନାମ ଲା ଚ୍ଛାକ୍ ତ୍ସାଲୋ  
LA MA NAM LA CHHAK TSHAL LO  
I prostrate to the majestic Amitabha,

।ନା ମୋ ମାନ ଜୁ ଶ୍ରି ଯେ  
NA MO MAN JU SHRI YE  
I pay homage to Manjushri.

।ନା ମୋ ସୁ ଶ୍ରି ଯେ  
NA MO SU SHRI YE  
I pay homage to the Guru.

।ଦୋର ଜେ ଦ୍ଵିନ ପାଇ ନ୍ଗୋ ଓ ନ୍ୟି  
DOR JE DZIN PA'I NGO WO NYI  
the essence of the vajra-holder,

।ଦୁ ସୁମ ଦେ ଓର ଶେକ ପା ଚ୍ଛୋ କ୍ରୀ କୁ  
DÜ SUM DE WAR SHEK PA CHHÖ KYI KU  
Dharmakaya of the Sugatas of the three times:

।ନା ମୋ ଉତ୍ତା ମା ଶ୍ରି ଯେ ସୋ ହା  
NA MO UT TA MA SHRI YE SO HA (Repeat three times.)  
I pay homage to the Noble Sangha

।କୋନ୍ ଚ୍ହୋକସୁମ୍ ଗ୍ଯି ତ୍ସା ଓ ତେ  
KÖN CHHOK SUM GYI TSA WA TE  
and the root of the Three Jewels -

।ଦ୍ରୋ ଦ୍ରୁକ୍ ସେମ ଚେନ ନାମ ଲା ଚେନ ରେ ଝିଗ୍  
DRO DRUK SEM CHEN NAM LA CHEN RE ZIG  
Chenrezig of the six kinds of beings (whose) eleven faces pervade like space.

।ନାମ କା ତା ବୁର ଖ୍ୟାବ ପାୟ ଚୁ ଚିକ ଝାଲ  
NAM KHA TA BUR KHYAB PAY CHU CHIK ZHAL  
with his space-like pervading gaze of eleven faces.

।ଶେନ ଟଙ୍ଗ କାଳ ପା ଞାଂ ଗ୍ୟେ ଟଙ୍ଗ  
CHEN TONG KAL PA ZANG PO'I SANG GYE TONG  
whose thousand eyes are the thousand Buddhas of this fortunate eon,

।ଚ୍ଛୋ କୁ ନାମ କା ଝିନ ଦୁ ଯେ ମ୍ଯାଂ  
CHHÖ KU NAM KHA ZHIN DU YER ME KYANG  
I prostrate to the Sugatas of the five families,

।ଜି ଜି ଓ ପାକ ମେ ଲା ଚ୍ଛାକ୍ ତ୍ସାଲୋ  
ZI JI Ö PAK ME LA CHHAK TSHAL LO  
I prostrate to Chenrezig, whose thousand arms are the thousand universal monarchs,

।ଗାଙ୍ଗ ଲା ଗାଙ୍ଗ ଦୁଲ ଦେ ଲା ଦେର ଟୋନ ପା  
GANG LA GANG DUL DE LA DER TÖN PAY  
who teaches by whatever means are appropriate to tame each person.

।ଶୁକ ପା ଚେନ ରେ ଝିଗ୍ ଲା ଚ୍ଛାକ୍ ତ୍ସାଲୋ  
TSÜN PA CHEN RE ZIG LA CHHAK TSHAL LO  
They are dharmakaya, like space, free from distinctions,

।ଶୁର୍ବ ଦ୍ୱାରା ପଦେଣ୍ଟିଲ୍ଲା  
CHHAK TONG KHOR LÖ GYUR WAY GYAL PO TONG  
The embodiment of the thousand universal monarchs,

।ଥାବ ଦାଂ ଶେର ବାଚ ଚ୍ଛୋ କୁ ନାମ କା  
THAB DANG SHE RAB CHHOK LA NGA NYE PA  
They are dharmakaya, like space, free from distinctions,



। གྱི-ෂ්ව-ද-ෂ-න-ග-ශ්-ෂ-න-॥ ག-ක-ු-ර-ි-ඩ-ෂ-න-॥

JI NYE SU DAK CHHOK CHUI JIG TEN NA

However many there are in the worlds of the ten directions who have come throughout the three times, lions among humans,

। ພ-ද-ෂ-ෂ-ම-ප-ෂ-ද-ෂ-ෂ-ම-ස-ක-ද-ෂ-॥

DAK GI MA LÜ DE DAK THAM CHE LA

to all of them without exception I prostrate sincerely with my body, speech and mind. With the power of this prayer for excellent conduct,

। ຖ-ෂ-ය-ෂ-ම-ස-ක-ද-ෂ-ෂ-ම-ද-ෂ-න-॥

GYAL WA THAM CHE YI KYI NGÖN SUM DU

I fully prostrate to all Victors with as many bodies as there are atoms in all the realms, with all these Victors actually present in my mind.

। ຕ-ෂ-ෂ-ම-ෂ-ල-ෂ-ම-ස-ම-ෂ-ෂ-ම-ෂ-॥

DÜ SUM ZHEK PA MI YI SENG GE KÜN

। ພ-ද-ෂ-ෂ-ම-ප-ෂ-ද-ෂ-ෂ-ම-ස-ක-ද-ෂ-॥

LÜ DANG NGAK YI DANG WE CHHAK GYI'O

। ພ-ද-ෂ-ෂ-ම-ප-ෂ-ද-ෂ-ෂ-ම-ස-ක-ද-ෂ-॥

ZANG PO CHÖ PAY MÖN LAM TOP DAK GI

। ພ-ද-ෂ-ෂ-ම-ප-ෂ-ද-ෂ-ෂ-ම-ස-ක-ද-ෂ-॥

ZHING GI DÜL NYE LÜ RAP TÜ PA YI

। ພ-ද-ෂ-ෂ-ම-ප-ෂ-ද-ෂ-ෂ-ම-ස-ක-ද-ෂ-॥

GYAL WA KÜN LA RAP TU CHHAK TSHAL LO

၇၁

। ຕ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ຕ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

DUL CHIK TENG NA DUL NYE SANG GYE NAM

On every atom reside as many Buddhas as there are atoms and around these are all the Bodhisattvas. I thus imagine that Victorious Ones

। ສ-ම-ස-ක-ද-ෂ-න-॥ ຖ-ෂ-ය-ෂ-ම-ස-ක-ද-ෂ-න-॥

THAM CHE GYAL WA DAK GI GANG WAR MÖ

completely fill the entire Dharma expanse. With sounds from oceans of melodious traits I extol the qualities of all the Victors,

। ຖ-ෂ-ය-ෂ-ම-ස-ක-ද-ෂ-න-॥ ບ-ෂ-ය-ෂ-ම-ස-ක-ද-ෂ-න-॥

GYAL WA KUN GYI YON TEN RAP JÖ CHING

whose oceans of qualities will never run dry, and I praise all the Sugatas.

। ສ-ම-ස-ක-ද-ෂ-න-॥ ຕ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

SANG GYE SE KYI Ü NA ZHUK PA DAK

। ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

DE TAR CHHÖ KYI YING NAM MA LÜ PAR

। ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

DE DAK NGAK PA MI ZE GYA TSHO NAM

। ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

YANG KYI YEN LAK GYA TSHOI DRA KUN GYI

completely fill the entire Dharma expanse. With sounds from oceans of melodious traits I extol the qualities of all the Victors,

। ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ດ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

DE WAR SHEK PA THAM CHE DAK GI TÖ

। ເ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥ ເ-ෂ-ෂ-ම-ස-ක-ද-ෂ-න-॥

ME TOK DAM PA TRENG WA DAM PA DANG

I make offerings to these Victors: the best flowers and finest garlands,

। སିଲ ན ཙେନ ན དାଙ ཐ ཁୁ ཕ དାଙ  
SIL NYEN NAM DANG JUK PAY DUK CHHOK DANG

ମୁଦ୍ରା ପାତ୍ର ଏବଂ ମୁଦ୍ରା ପାତ୍ର ଏବଂ  
cymbals and ointments, the best parasols,

। ନା ଜା ଦାମ ପା ନାମ ଦାଙ ଦ୍ରି ଚ୍ହୋକ ଦାଙ  
NA ZA DAM PA NAM DANG DRI CHHOK DANG

ଶ୍ରୀ ମରି ଶୁର ମା ରି ରାପ ନ୍ୟାମ ପା ଦାଙ  
the finest robes, superb fragrances,

। ଗ୍ୟାଲ ଓ ଦେ ଦାକ ଲା ଯାଂ ଚ୍ହୋ ପାର ଗ୍ୟି  
GYAL WA DE DAK LA YANG CHHÖ PAR GYI

I also imagine vast and unsurpassable offerings to all the Victors.

। ମର ମେ ଚ୍ହୋକ ଦାଙ ଦୁକ ପୋ ଦାମ ପା ଯି  
MAR ME CHHOK DANG DUK PÖ DAM PA YI

ମରି ମରି ସୁରମା ରି ସା ମନ୍ତ୍ରମା ପା ଦାଙ  
exquisite lamps and the finest incense.

। ଚ୍ଛେ ମେ ଫୁର ମା ରି ରାପ ନ୍ୟାମ ପା ଦାଙ  
CHHE MAY PHUR MA RI RAP NYAM PA DANG

ପାର ଗ୍ୟାଲ ଓ ଦାକ ଲା ନି ଚ୍ହୋ ପାର ଗ୍ୟି  
and powders in heaps equal to Mount Meru, arranged in the most sublime displays.

। ଚ୍ଛୋ ପା ଗାଙ ନାମ ଲା ମେ ଗ୍ୟା ଚ୍ଛେ ଓ  
CHHÖ PA GANG NAM LA ME GYA CHHE WA

। ଦେ ଦାକ ଗ୍ୟାଲ ଓ ଥାମ ଚେ ଲା ଯାଂ ମୋ  
DE DAK GYAL WA THAM CHE LA YANG MÖ

। ଗ୍ୟାଲ ଓ ଦେ ଦାକ ଲା ନି ଚ୍ହୋ ପାର ଗ୍ୟି  
GYAL WA DE DAK LA NI CHHÖ PAR GYI

I make further offerings to these Victors:

। କୋ ପା ଚ୍ଛେ ପାର ଫାକ ପାଯ ଚ୍ହୋ କୁନ ଗ୍ୟି  
KÖ PA CHHE PAR PHAK PAY CHHOK KUN GYI

। ଦେ ଦାକ ଗ୍ୟାଲ ଓ ଥାମ ଚେ ଲା ଯାଂ ମୋ  
DE DAK GYAL WA THAM CHE LA YANG MÖ

। ଝାଙ ପୋ ଚୋ ଲା ଦେ ପାଯ ଟୋ ଦାକ ଗି  
ZANG PO CHÔ LA DE PAY TOP DAK GI

I bow and offer to the Victors through the power of faith in excellent conduct.

। ଲୁ ଦାଙ ନ୍ଗାକ ଦାଙ ଦେ ଝିନ ଯି କ୍ୟାଂ କ୍ୟାଂ  
LÜ DANG NGAK DANG DE ZHIN YI KYI KYANG

। ଗ୍ୟାଲ ଓ କୁନ ଲା ଚ୍ଛାକ ତ୍ସାଲ ଚ୍ହୋ ପାର ଗ୍ୟି  
GYAL WA KUN LA CHHAK TSHAL CHHÖ PAR GYI

I have committed wrongs of body, speech and mind. I confess each and every one.

। ଦୋ ଚ୍ଛାକ ଝେ ଦାଙ ତି ମୁକ ଓ କି ନି  
DÖ CHHAK ZHE DANG TI MUK WANG KI NI

Under the influence of desire, anger and delusion,

। ଦେ ଦାକ ଥାମ ଚେ ଦାକ ଗି ସୋ ଶାର ପାଶ  
DE DAK THAM CHE DAK GI SO SOR SHAK

। ଚ୍ଛୋ କୁନ ଗ୍ୟାଲ ଓ ନାମ ଦାଙ ସଂ ଗ୍ୟେ ସେ  
CHHOK CHUI GYAL WA KUN DANG SANG GYE SE

I rejoice in the merit of all Victors and Bodhisattvas, of all self-arisen Buddhas, the 'Learners' and those 'Beyond Learning'; all wanderers in the ten directions.

। ରଙ ଗ୍ୟାଲ ନାମ ଦାଙ ଲୋ ଦାଙ ମି ଲୋ ଦାଙ  
RANG GYAL NAM DANG LOP DANG MI LOP DANG

। ଦ୍ରୋ କୁନ ଗ୍ୟାଲ ଓ ନାମ ଦାଙ ଗାଂ ଲା ଯାଂ  
DRO WA KUN GYI SÖ NAM GANG LA YANG

DE DAK KUN GYI JE SU DAK YI RANG

GON PO DE DAK DAK GI THAM CHE LA

DRO WA KUN LA PHEN ZHING DE WAY CHHIR

GANG NAM CHHOK CHUI JIK TEN DRON MA DAK

I request all protectors who have wakened to Buddhahood and found detachment, these lamps of the worlds in the ten directions,

KHOR LO LA NA ME PA KOR WAR KUL

to turn the unsurpassable Wheel of Dharma for all. With palms firmly joined, I urge all those who intend to demonstrate nirvana

KAL PA ZHING GI DUL NYE ZHUK PAR YANG

to stay for as many eons as there are atoms in all realms, for the well-being and benefit of all.

JANG CHHUP RIM PAR SANG GYE MA CHHAK NYE

NYA NGEN DA TON GANG ZHE DE DAK LA

DAK GI THAL MO RAP JAR SOL WAR GYI

ଓঁ

চুশ দক্ষিণ দক্ষিণ মহাদেব পদ্মা পদ্মা।

CHHAK TSHAL WA DANG CHHÔ CHING SHAK PA DANG

I dedicate to enlightenment all virtue however slight, gathered through prostrating and offering, confessing, rejoicing, requesting and through making supplications.

ইশা শুভি দক্ষিণ পদ্মা পদ্মা পদ্মা।

JE SU YI RANG KUL ZHING SOL WA YI

গে ও চুঙ্গ দক্ষিণ দক্ষিণ পদ্মা পদ্মা।

GE WA CHUNG ZE DAK GI CHI SAK PA

পদ্মা পদ্মা পদ্মা পদ্মা পদ্মা।

THAM CHE DAK GI JANG CHHUP CHHIR NGO-O

মন্ত্রাবৈ

Mandala  
Offering

Mandala Offering

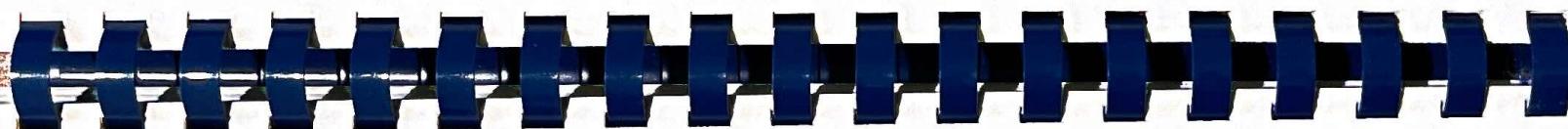
KTC

ॐ বেদ্রা সতো সামায়।  
OM BEDZRA SATO SAMAYA  
মা নু পা লা যা।  
MA NU PA LA YA  
বেদ্রা সতো নো পা তিক থ্রা দ্রি ধো মে বহা ও।  
BEDZRA SATO TE NO PA TIK THRA DRI DHO ME BHA WA  
সু টো কহা যো মে বহা ও।  
SU TO KHA YO ME BHA WA

শু পো কহা যো মে বহা ও।  
SU PO KHA YO ME BHA WA  
আ নু রাক তো মে বহা ও।  
AH NU RAK TO ME BHA WA  
সর্বা সিদ্ধি মে ত্রা যা ত্শা।  
SARWA SIDHI ME TRA YA TSHA  
সর্বা কর্ম সু ত্সা মে।  
SARWA KARMA SU TSA ME  
ত্সি তাম শ্রি যা কুরু হং।  
TSI TAM SHRI YA KURU HUNG

হা হা হা হা হো।  
HA HA HA HA HO  
বহা গা উেন।  
BHA GA WEN  
সর্বা তা তা গা তা।  
SARWA TA THA GA TA  
বেদ্রা মা মে মুন ত্সা।  
BEDZRA MA ME MUN TSA  
বেড়্রি বহা ও মা হা সা মা যা সা তো অহ।  
BEDZRI BHA WA MA HA SA MA YA SA TO AH

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ওঁ বেদ্রা বু মি আহ হং।  
OM BEDZA BHU MI AH HUNG

শৈলী বৃক্ষ পর দশ পদ কেৰ শশৈ র শৈলী।  
ZHI NAM PAR DAG PA WANG CHHEN SER GYI SA ZHI  
The completely pure foundation is the powerful golden ground.

ওঁ বেদ্রা রে মি আহ হং।  
OM BEDZA RE KE AH HUNG

চী চাগ রিঁ খোর যু গি রা ও যং সু কোর ও য়। উ সু রিঁ গ্যাল পো রি ও চ্ছোক রাব।  
CHHI CHAG RI'I KHOR YUG GI RA WE YONG SU KOR WAY Ú SU RI'I GYAL PO RI WO CHHOK RAB  
The circular iron Mountain wall completely surrounds it. In the center is Meru, the king of mountains.

শু সু সু দশ শশৈ র পো।  
SHAR LÚ PHAK PO  
In the East is Vidaya;

শু এক্ষু শৈদ।  
LHO DZAM BU LING  
in the south is Jambudvipa;

বু বাল চো।  
NUB BA LANG CHÓ  
in the west is Godaniya;

বু দ্রাম ন্যেন।  
JANG DRA MI NYEN  
in the north is Uttarakuru.

শু সু দশ শশৈ র পো।  
LÚ DANG LÚ PHAG  
Beside them are Dayha and Vidayha,

শু য় দশ শশৈ র পো।  
NGA YAB DANG NGA YAB ZHEN  
Camara and Upacamara,

শু য় দশ শশৈ র পো।  
YO DEN DANG LAM CHHOK DRO  
Satha and Uttaramantrina,

KTC

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༐ རିନ ཚେ གྲୋ དୁ ལ୍ଗ  
**RIN PO CHHE'I RI WO**  
 the jewel mountain,  
  
 ༐ རିନ ཚେ གྲୋ  
**BU RIN PO CHHE**  
 the precious gem,  
  
 ༐ རିନ ཚେ གྲୋ  
**PON RIN PO CHHE**  
 the precious general.

ଦ୍ୱାରା ପଣ୍ଡା ଶ୍ରୀ ସେନ୍  
 PAG SAM GYI SHING  
 the wish-fulfilling tree,  
 ସତ୍ତ୍ଵ ମୁଦ୍ରିକ ଧଳ୍ଲେ  
 TSUN MO RIN PO CHHE      L  
 the precious Queen,  
 ଶତିର କେର ଧରି ସୁମଧା  
 TER CHHEN PO'I BUM PA  
 the vase of great treasure

ବ୍ୟକ୍ତିଗତିରେ ମହାଦେଵୀ	ମହାଦେଵରେ ପ୍ରକଳ୍ପିତ
DÖ JO'I BA the wish-granting cow,	MA MÖ PA'I LO TOG the grain that needs no toil,
ଶ୍ରୀରାଧାରୀରାଧାକେ	ଶ୍ରୀରାଧାରୀରାଧାକେ
ON PO RIN PO CHHE the precious Minister,	LANG PO RIN PO CHHE the precious elephant,
ଶ୍ରୀମାତ୍ରା	ଶ୍ରୀମା
GEK MO MA the goddess of grace	CHHENG WA MA the goddess of garlands



ଓ	শু'মা	শ'মা	ম'র্ত্ত'শ'মা	ম
	LU MA	GAR MA	ME TOG MA	D
	the goddess of song,	the goddess of dance,	the goddess of flowers,	the g
	ରୈନ୍ ପୋ ଚହେ' ଦୁଗ	ଶ୍ରୀଶାଶାନମାର୍ଗାଧିକ୍ଷାପଦିକ୍ଷାମହକ୍ଷା	ଚହୋଲ ନାମ ପାର ଗ୍ୟାଲ ଵେଯ ଗ୍ୟାଲ ତ୍ଶେନ	
	the precious umbrella,		the royal banner victorious in all directions.	
	ରାବ ଜାମ ଗ୍ୟା ତ୍ଶୋ' ଦୁଲ ଗ୍ୟି ଡରଙ୍ଗ ଲେ ଡେ ପା ନଗନ ପାର କୋ ଦେ			

G PÖ MA ess of incense,	NANG SEL MA the goddess of light,	DRI CHHAB MA the goddess of perfume,	NYI MA DA WA the sun and moon,
<p>དྲସ བୁଦ୍ଧ དନ୍ ମି ରି ଦ୍ୱାପା ରୁତ୍ସ ଶୁକ୍ର ଶୁମ୍ଭ ହେଷା ପାମ ହନ୍ଦ ପା ମେଦ ପା Ü SU LHA DANG MI'I PAL JOR PHUN SUM TSHOG PA MA TSHANG WA ME PA In the center, all the wealth of gods and humans, complete and flawless.</p>			
<p>ଶ୍ଵର ମୁଦ୍ରା ଶର୍ମା ଶ୍ଵର ମୁଦ୍ରା ଶର୍ମା ଶ୍ଵର ମୁଦ୍ରା ଶର୍ମା A MA YI DAM SANG GYE JANG CHHUB SEM PA PA WO KHAN DRO CHHÖ KYONG you, the assembly of gurus, yidams, Buddhas, Bodhisattvas, dakinis and protectors.</p>			

SUNG MAY TSHOK DANG CHE PA NAM LA UL WAR GYI'O

ଶବ୍ଦରେ କୁଣ୍ଡଳାମାତ୍ରାଙ୍ଗିନୀ ପାଦରେ କୁଣ୍ଡଳାମାତ୍ରାଙ୍ଗିନୀ

# SA ZHI PÔ CHHŪ JUK SHING ME TOG TRAM

This golden ground is sprinkled with scented water and strewn with flowers, adorned with

ସମ୍ବନ୍ଧରେ କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା

**DRO KUN NAM DAG ZHING LA CHŌ PAR SHOK**  
offering this (mandala), may all beings enjoy the pure realms.

ସୁଷଣ ହେଶ ରାତ୍ରି ପରି ଦ୍ଵାରା କୁ ପବେଶ ଶୁଣାଯା

## THUK JE DRO WAY ĐÔN DU ZHE SU SOL

Please accept this with compassion for the benefit of beings. Having accepted it, please grant your blessing.

ସମ୍ବନ୍ଧିତ ପରିଣାମରୂପ ହେଲାମାତ୍ରାଙ୍କିରଣ କରିବାକୁ ପାଇଁ ।

## RI RAB LING ZHI NYI DE GYEN PA D

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## ZHE NE JIN GYI LAP TU SOL

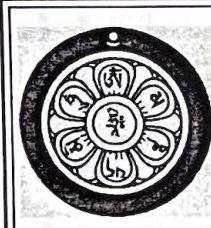
. Having accepted it, please grant your blessing.

ଶର୍ମାକୁଣ୍ଡଳମିଶରନ୍ତିଷ୍ଠବ୍ୟଶା

## SANG GYE ZHING DU MIG TE PHUL WA YI

唵·ਮਨੁ·ਧੂ·ਹ·ਮੇ·ਸ਼·ਸ·ਸੁ·ਤ·ਸ਼·ਨ·ਸ·ਮ·ਘ·ਖ੍ਰੂ·ਹੁ·ਹੁ॥

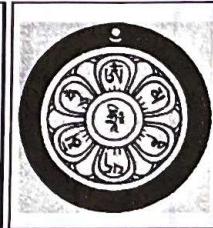
**OM MENDAL PU DZA MEGA SAMUDRA SAPHARANA SAMAYE AH HUNG**



१९

ସମ୍ବନ୍ଧରେ ଏକାକିନୀତି ପରିବର୍ତ୍ତନ କରିବାକୁ ପାଇଲାମୁଣ୍ଡିଲାଙ୍କାରୀ

**Sutra of the Three Heaps ( also known as the "35 Buddhas" )**





<p>35 Buddhas</p> <p>KTC</p>	<p>ଓ</p> <p>କ୍ଷେ.ପ୍ରାଣୁଷ୍ଠାନୁମହିଦୀ</p> <p>CHHÖ LA KYAB SU CHHI'O take refuge in the Dharma,</p> <p>ଘେ.ଦ୍ଵୁ.ପ୍ରାଣୁଷ୍ଠାନୁମହିଦୀ</p> <p>GEN DUN LA KYAB SU CHHI'O and take refuge in the Sangha.</p> <p>ଘର୍ମ.ଭୁବନ୍ଦୁ.ପ୍ରାଣୁଷ୍ଠାନୁମହିଦୀ</p> <p>CHOM DEN DAY DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAI SANG GYE SHAKYA THUP PA LA CHHAK TSHAL LO I bow before the Bhagavan, the Tathagata, the Arhat, the fully enlightened Buddha Shakyamuni.</p>	<p>53</p>
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ਹ੍ਰਿੰਦੇ਷ਵਾਚੁਕਮਸਾਧਾਵਾਤੁਸਾਵਕਵਾਵੈ

DOR JE NYING PO RAB TU JOM PA LA CHHAK TSHAL LO  
I bow to Dorje Nyingpo Raptu Jompa,

ਦਵਾਰਵੰਦੇ਷ਵਾਤੁਸਾਵਕਵਾਵੈ

PA WO'I DE LA CHHAK TSHAL LO  
I bow to Pawöday,

ਤਵਵਦਵਾਚੁਕਵਾਵੈ

THONG WA DON YÖ LA CHHAK TSHAL LO  
I bow to Tongwa Dunyö,

ਤੇਵਕਵਦੇਵਾਵੈ

RIN CHHEN Ö THRO LA CHHAK TSHAL LO  
I bow to Rinchen Ötro,

ਦਵਾਰਵੰਦੇ਷ਵਾਤੁਸਾਵਕਵਾਵੈ

PAL GYE LA CHHAK TSHAL LO  
I bow to Paljay

ਤੇਵਕਵਦੇਵਾਵੈ

RIN CHHEN DA WA LA CHHAK TSHAL LO  
I bow to Rinchen Dawa,

ਤੇਵਕਵਦੇਵਾਵੈ

RIN CHHEN ME LA CHHAK TSHAL LO  
I bow to Rinchen May,

ਤੇਵਕਵਦੇਵਾਵੈ

DRIMA ME PA LA CHHAK TSHAL LO  
I bow to Drima Maypa,

ਤੁਲਵਦਵਾਚੁਕਮਸਾਧਾਵਾਤੁਸਾਵਕਵਾਵੈ

LU WANG KI GYAL PO LA CHHAK TSHAL LO  
I bow to Luwangi Jalpo,

ਤੇਵਕਵਦੇਵਾਵੈ

RIN CHHEN DA Ö LA CHHAK TSHAL LO  
I bow to Rinchen Da-Ö,

ਤੇਵਕਵਦੇਵਾਵੈ

PE JIN LA CHHAK TSHAL LO  
I bow to Payjin,

ਛ। ਕਵਦਵਾਵਾਵੈ

TSHANG PA LA CHHAK TSHAL LO  
I bow to Tsangpa,

ਕਵਦਵਾਵਾਵੈ

TSHANG PE JIN LA CHHAK TSHAL LO  
I bow to Tsang Payjin,

ਕੁਲੁਵਾਵੈ

CHHU LHA LA CHHAK TSHAL LO  
I bow to Chula,

ਕੁਲੁਵਾਵੈ

CHHU LHA'I LHA LA CHHAK TSHAL LO  
I bow to Chulayla,

ਦਵਾਰਵਾਚੁਕਮਸਾਧਾਵਾਵੈ

PAL ZANG LA CHHAK TSHAL LO  
I bow to Palzang,

ਤੇਵਕਵਦੇਵਾਵੈ

TSEN DEN PAL LA CHHAK TSHAL LO  
I bow to Tsenden Pel,

ਸ਼ਬੀਵਹ੍ਵਦਵਾਵਾਵੈ

ZI JI THA YE LA CHHAK TSHAL LO  
I bow to Ziji Tayay,

ਦਵਾਰਵਾਚੁਕਮਸਾਧਾਵਾਵੈ

Ö PAL LA CHHAK TSHAL LO  
I bow to Öpel,

ਨ੍ਯਾਂਨ੍ਵਦੇਵਾਵੈ

NYA NGEN ME PAY PAL LA CHHAK TSHAL LO  
I bow to Nyangen Maypaypel,

ਨ੍ਯਾਂਨ੍ਵਦੇਵਾਵੈ

SAY MAY KYI BU LA CHHAK TSHAL LO  
I bow to Saymay Chibu,

ਨ੍ਯਾਂਨ੍ਵਦੇਵਾਵੈ

ME TOK PAL LA CHHAK TSHAL LO  
I bow to Metokpel,

DE ZHIN SHEK PA TSHANG PAY Ö ZER NAM PAR ROL PA NGON PAR KHYEN PA LA CHHAK TSHAL LO  
I bow to Deshin Shekpa Tsangpay Özer Nampar Rolpa Ngonpar Chenpa,

# ROL PA NGON PAR KHYEN PA LA CHHAK TSHAL L Rolpa Ngonpar Chenpa.

ମର୍କବ୍ ଦୟାପ୍ ସିନ୍ ଚୁଁ ଯ୍ଦେଶ୍ ଶ୍ରୀଶାଖା ପ୍ରତ୍ୟାମନ୍  
TSHEN PAL SHIN TU YONG DRAK LA CHHAK TSHAL LO  
I bow to Tsen Pal Shintu Yongdrak,

ନେତ୍ର ପାଦ ପାଦ ମୁଶି ଧରି ପାଦ  
NOR PAL LA CHHAK TSHAL LO  
I bow to Normal

ଦେଶିନ୍ ଶେକ୍ ପା ପେ ମେ ଓ ଜେର ନାମ ପାର  
DE ZHEN SHEK PA PE MAY Ö ZER NAM PAR  
I bow to Deshin Shekpa Paymay Özer Nampar

DREN PAY PAL LA CHHAK TSHAL LO  
I bow to Dren Paypal.

旺波多基嘉善智者上師  
WANG POY TOK KI GYAL TSHEN GYI GYAL PO LA CHHAK THSAL LO  
I bow to Wangpo Toki Jaltsen-ji Jalpo



**ଶିନ୍ ତୁ ନମପାର ନୋନପେଲ ଲା ଚହକ ତ୍ଶାଳ**  
I bow to Shintu Nampar Nönpay Pel,

**SHIN TU NAM PAR NON PAY PAL LA CHHA**  
I bow to Shintu Nampar Nönpay Pel,

।।শাশ্বত-বশ-সৈন্য-কুম-দশ-কৃত-ব-ব-শুষ-রক্ষ-ব-য়।।

I bow to Yulay Shintu Nampar Jalwa.

କୁମାରଶର୍କରାପଣୀଶଶାଧି

**NAM PAR NON PE SHEK PAY**  
I bow to Nampar Nönpay Shekpay Pal

ପାଲ ଚ୍ଛକ୍ତଶୀଳ

**KUN NE NANG WA KÖ PAY PAL LA CHHAK TSHAL LO**  
I bow to Kunay Nangwa Köpay Pal,

**RIN CHHEN PE MA NAM PAR NON PA LA CHHAK TSHAL LO**  
I bow to Rinchen Pema Nampar Nönpa

। ଦ୍ୟକ୍ଷିକ୍ଷା ସମେଶା ପଦ୍ମଶାନ୍ତିକାରୀ ପଦ୍ମଶାନ୍ତିକାରୀ ପଦ୍ମଶାନ୍ତିକାରୀ ପଦ୍ମଶାନ୍ତିକାରୀ

DE ZHIN SHEK PA DRA CHOM PA YANG DAK PAR DZOK PAY SANG GYE RIN PO CHHEI PE MA LA RAB TU ZHUK PA RI WANG KI GYAL PO LA CHHAK TSHAL LO  
I bow to Deshin Shekpa Drajompa Yangdakpardzopay Sangjay Rinpoche Pemala Rabtu Shukpa Riwangi Jalpo.





35 Buddhas

KTC

। ସଦଶ କୁଣ୍ଡଳମ୍ ପୁରୁଷାନ୍ତିଃ ଶବ୍ଦାନ୍ତିଃ ସମଶାତଦିଃ ପଦଶାତିଃ ଯାନ୍ତିଃ ଶାନ୍ତିଃ ପାତିଃ

**SANG GYE CHOM DEN DE DE DAG THAM CHAY DAK LA GONG SU SOL**  
You Victors, the Buddhas, please consider me.

। ପରିମାଣ କାର୍ଯ୍ୟ କରିବାକୁ ପରିମାଣ କରିବାକୁ ପରିମାଣ କରିବାକୁ ପରିମାଣ କରିବାକୁ

**KHOR WA NA KHOR WAY KYE WA ZHEN DAK TU JIN PA THA NA DÜ DRO'I KYE NE SU KYE PA LA ZE KHAM CHIK TSAM TSAL WAY GEWAT TSA WA**  
in all the realms of samsara, whatever roots of virtue I have made, through even the smallest acts such as giving a handful of food to an animal,

༄༅·༄༅·༄༅·༄༅·

GANG LAK PA DANG

པད୍ମ དྲྷ རྒ གྲ ཁ ག ཉ ཁ ག ཉ ཁ ག ཉ ཁ ག ཉ ཁ ག ཉ ཁ ག ཉ

**DAK GI TSHUL THRIM SUNG WAY GE WAY TSA WA GANG LAK PA DANG**  
or by keeping pure conduct,

॥५॥ शीश कहना पर न्है या या वक्षा परि द्वयों परि

DAK KI TSHANG PAR CHŌ PA LA NE PAY GE WAY  
by remaining chaste,

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| କୁଣ୍ଡଳୀଶ୍ଵର |

TSA WA GANG LAK PA DANG

པད୍ମଶାଶ୍ଵରାଶ୍ରମଶାଖାକୁ ଜୀବିତ ଧରିବାରେ ପରିଦର୍ଶନ କରିବାକୁ ପରିଚାରିତ ହେଲା

AK KI SEM CHEN YONG SU MIN PAR GYI PAY GE WAY TSA WA GANG LAK PA DANG  
by ripening beings' minds,

।॥५॥ शीश एव कृष्ण न विमल एव लोक द्वये एव दुर्गा एव माता विमला एव दुर्गा ॥

DAG KI JANG CHHUB CHHOK TU SEM KYE PAY GE WAY TSA WA GANG LAK PA DANG  
by cultivating supreme Bodhicitta

ସତ୍ୟଶାପନ୍-ଦ୍ୱାରା ସମ୍ବନ୍ଧିତ ଏକ ସମ୍ବନ୍ଧରେ ଆଜିର ଅନ୍ୟାନ୍ୟ କାହାରେ ଯାଇଲୁ ଥିଲା ଏହାରେ ଆଜିର ଅନ୍ୟାନ୍ୟ କାହାରେ ଯାଇଲୁ ଥିଲା

GANG LAK BA DE DAK THAM CHAY CHIK TU DÜ SHING DUM TE

Whatever roots of virtue thus created, bringing together all this merit,

॥ସମ୍ବନ୍ଧରୁଷାତ୍ମମହିନୀପଦ୍ମା ॥

BON NE LA NA MA CHHI BA DANG

ଶିଦ୍ଧରମମହିଷାଧିନ୍ଦା

GONG NA MA CHHI PA DANG

63

35 Buddhas

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ཀྱིད་མར་ཡང་དཔྱད་  
GONG MAY YANG GONG MA    LA MAY YANG LA MAR YONG SU NGO WE    LA NA MAY PA YANG DAK PAR DZOK PAY JANG CHHUB TU YONG SU NGO WAR GYI'O  
I completely dedicate it to the greatest, of which there is no greater.

ཀྱིད་ལྷན་འདྲ བྱନ୍ མର୍ རྒྱྲ གྱྴ ཁྱྲ གྱྴ ཉ གྱྴ ཉ  
JI TAR DE PAY SANG GYE CHOM DEN DE NAM KYI YONG SU NGÖ PA DANG  
Just as the Buddhas of the past have dedicated,

ཡྤྱ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ  
YONG SU NGO WAR GYUR WA DANG  
and just as the present Buddhas dedicate,

ཀྱི ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ ཉ  
JI TAR DA TAR JUNG WAY SANG GYE CHOM DEN DE NAM KYI YONG SU NGO WAR DZAY PA DE ZHIN DU  
I completely dedicate in the same way.



ଆ ພଦଶିଶୀ ଗୁରୁ ପ୍ରଦେଶ ନୃପତ୍ତ ପରା ସ୍ମରିତ  
DAK GI KYANG YONG SU NGO WAR GYI'O  
DIK PA THAM CHAY NI SO SOR SHAK SO  
Repenting each sin,

ଶୁଣି ଶିଶୀ ଗୁରୁ ପଦଶିଶୀ ଗୁରୁ ପରା ସ୍ମରିତ  
SANG GYE THAM CHAY LA KUL ZHING SOL WA DEB SO  
praying to the Buddhas to turn the Dharma Wheel,

ଶୁଣି ଶିଶୀ ଗୁରୁ ପଦଶିଶୀ ଗୁରୁ ପରା ସ୍ମରିତ  
MI CHHOK GYAL WA GANG DAK DA TAR ZHUK PA DANG  
To the most sublime beings, the Buddhas now living,

ଶୁଣି ଶିଶୀ ଗୁରୁ ପଦଶିଶୀ ଗୁରୁ ପରା ସ୍ମରିତ  
GANG DAK DE PA DAG DANG DE ZHIN GANG MA JON  
those of the past and the future,

ଶୁଣି ଶିଶୀ ଗୁରୁ ପଦଶିଶୀ ଗୁରୁ ପରା ସ୍ମରିତ  
YON TEN NGAK PA THA YE GYA TSHO DRA KUN LA  
the praise of whose qualities is as vast as a limitless ocean,

ଶୁଣି ଶିଶୀ ଗୁରୁ ପଦଶିଶୀ ଗୁରୁ ପରା ସ୍ମରିତ  
DAK GI LA NA ME PA YE SHE KYI CHHOK DAM PA THOB PAR GYUR CHIK  
may I attain the genuine state of unsurpassable, pristine wisdom.

ਬਲ ਮੁਰਦ ਵਾਰ ਵਸੀ ਹੈ ਜੇ ਸੁਵਾਸ ਨਾ ਕੇ ਪਰ ਮਕੈ ਰੈ

THAL MO JAR WAR GYI TE KYAB SU NYE WAR CHHI'O  
with folded hands I go to you for refuge.

ਗੁਰ ਧੰਨ ਪ੍ਰੀਤੁ ਮਾ ਸ਼ੁਮ ਅੰ

GANG YANG YI KYI NAM SUM PO  
three mental ones.

ਜੇ ਸੁਵਾਸ ਕੇ ਤੁ ਮੁਰਦ ਨ ਵਾਰ ਗੁਰ ਅੰ

SEM NI NYON MONG WANG GYUR PAY  
while my mind has been overpowered with ignorance from beginningless time until now.

ਲੁ ਸੁ ਵਸ ਕੇ ਕੁ ਮਾ ਪ ਸ਼ੁਮ ਅੰ

LÜ KYI LE NI NAM PA SUM  
I confess each of the ten unskillful actions I have done: the three physical, four verbal or

ਮੈਂ ਦੋ ਘੁੜੀ ਸੁ ਵਸ ਕੇ ਸ਼ੁਮ ਅੰ

MI GE CHU PO SO SOR SHAK  
I confess these and the five of immediate consequence and all the sins I have ever committed

ਕ੍ਰਿਗ ਵਸ ਕੇ ਤੁ ਮੁਰਦ ਨ ਵਾਰ ਗੁਰ ਅੰ

DIK PA THAM CHAY SHAK PAR GYI  
while my mind has been overpowered with ignorance from beginningless time until now.

ਨਗ ਗੀ ਨਾਮ ਪਾ ਜਿ ਦਾਕ ਦਾਂ

NGAK GI NAM PA ZHI DAK DANG  
I confess each of the ten unskillful actions I have done: the three physical, four verbal or

ਮੈਂ ਦੋ ਘੁੜੀ ਸੁ ਵਸ ਕੇ ਸ਼ੁਮ ਅੰ

MI GE CHU DANG TSHAM MAY NGA  
I confess each of the ten unskillful actions I have done: the three physical, four verbal or

ਡੋ ਚਾਕ ਜੇ ਦਾਂ ਤੀ ਮੁਕ ਵਾਂ ਕੀ ਨਿ

DÖ CHHAK ZHE DANG TI MUK WANG KI NI  
I confess each and every sin committed with



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ਲੁ ਦਾਂ ਨਗ ਦਾਂ ਦੇ ਝਿੰਦੀ ਸੁ ਵਸ ਅੰ

LÜ DANG NGAK DANG DE ZHIN YI KYI KYANG  
body, speech and mind while under the influence of desire, anger and mental dullness.

ਤਸ਼ਮ ਮੈ ਨਗ ਪਾ ਦਾਕ ਕੀ ਦਿਕ ਪਾ ਨਾਮ

TSHAM ME NGA PO DAK KI DIK PA NAM  
By reciting this "confession of downfalls", may the five acts of immediate consequence and whatever else I have done out of ignorance be completely purified.

ਨੇ ਦਾ ਮੁਨ ਅੰ ਨਾ ਜੁ ਵੁ ਵਾਰ ਗੁਰ ਅੰ

DE DAK MA LÜ YONG SU JANG WAR GYUR

ਦਿਕ ਪਾ ਦਾਕ ਕੀ ਗੀ ਪਾ ਚਿ ਚਹੀ ਪਾ

DIK PA DAK KI GYI PA CHI CHHI PA  
body, speech and mind while under the influence of desire, anger and mental dullness.

ਗੁਣ ਕੀ ਸੁ ਵਸ ਕੇ ਤੁ ਮੁਰਦ ਨ ਵਾਰ ਗੁਰ ਅੰ

GANG KI MI SHE WANG KI JE PA DAK

DE YI TUNG WA SHAK PA DI TON PAY  
All faults of beings arising from bad karma thus repented, may they never be done again.

ਨੇ ਦਾ ਮੁਨ ਅੰ ਨਾ ਜੁ ਵੁ ਵਾਰ ਗੁਰ ਅੰ

DAK DANG SEM CHEN KUN GYI DIK PAY LE

NYE PAR GYUR GANG THOL ZHING SHAK PAR GYI  
All faults of beings arising from bad karma thus repented, may they never be done again.

। ཤක ཁ ད ཀ མ ພ ད མ ສ ຕ ດ ພ ມ ຮ ຕ ທ  
LEN CHHAY NAM YANG GYI PAR MA GYUR CHIK

। ເ ຢ ສ ສ ປ ວ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
LE KYI DRIB PA-ANG TEN DU ZAY JAY SHOK

। ອ ພ ອ ຂ ພ ວ ດ ດ ພ ດ ຕ ດ ຖ ຕ ດ  
CHHAK TSHAL WA DANG CHHÖ CHING SHAK PA DANG

May all the veils of karma be completely exhausted. With prostrations, offerings, repentance,

। ເ ເ ສ ສ ປ ວ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
JE SU YI RANG KUL ZHING SOL WA YI

। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
GE WA CHUNG ZAY DAK KI CHI SAK PA

। ອ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
THAM CHAY DAK KI JANG CHHUB CHHIR NGO'O

rejoicing in good deeds, praying for the teachers to remain, and by requesting the turning of the Wheel of Dharma - whatever amount of virtue I have gathered, I dedicate it all to enlightenment.



॥ । ສ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
। ສ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
LA MA DOR JE DZIN PA CHHEN PO LA SOK PA CHHOK CHU NA ZHUK PAY SANG GYE DANG JANG CHHUP SEM PA THAM CHAY DANG

Guru, Great Vajra Holder and others (teachers) and all the Buddhas and Bodhisattvas residing in the ten directions, and

। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
DA SOK SEM CHEN THAM CHAY KYI TSHAY KHOR WA THOG MA MAY PA NE THA MA DA TA LA THUG KI BAR DU

PHAK PA THUK JE CHEN PO DAG LA GONG SU SOL the Great Exalted Compassionate One, please consider me. I and others, all beings, from beginingless samsaric lives until now,

। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
NYON MONG PA DÖ CHHAK DANG

। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
। ດ ພ ດ ດ ພ ດ ດ ຜ ທ ບ ຕ ດ ຖ ຕ ດ  
ZHE DANG DANG

TI MUG KI WANG KI LÜ DANG NGAK DANG YI KYI GO NE DIG PA MI GE WA CHU GYI PA DANG  
have been overpowered by the defilements of desire, anger and ignorance - committing the ten negative actions of body, speech and mind;

མක්සා'ම' ມක්සා'ප' ພුෂිණ' ප' දන් |

TSHAM MA CHHI PA NGA GYI PA DANG

the five negative acts with immediate consequence; the five nearly as severe - violating precepts of individual liberation,

ද' දන් තේ පැ එලු පුෂිණ' ප' දන් |

DE DANG NYE WA NGA GYI PA DANG

භ' ජ්‍රී පුෂිණ' ප' දන් |

SO SOR THAR PAY DOM PA DANG GAL WA GYI PA DANG

වුද්‍යුත් ත්‍යෙමා ද්‍රැඩ් පැ එළු පැ දන් |

ගාශන ඇත් පැ එළු පැ දන් |

ඩැං මක්සා පැ එළු පැ දන් |

JANG CHHUB SEM PAY LAP PA DANG GAL WA GYI PA DANG  
transgressing Bodhisattva precepts,

SANG NGAK KYI DAM TSHIK DANG GAL WA GYI PA DANG

transgressing tantric samaya;

KÖN CHHOG SUM LA NÖ PA GYI PA DANG

harming the Three Jewels;

ද්‍රැඩ් නො එළු පැ දන් |

පැ එළු පැ එළු පැ දන් |

අ' දන් ම' ම' පැ එළු පැ දන් |

මාශ්‍ය ඇ' දන් පැ එළු පැ දන් |

DAM PAY CHHÖ PANG PA DANG  
abandoning the genuine Dharma;

PHAK PAY GEN DÜN LA KUR PA TAP PA DANG  
slanderizing the Noble Sangha;

PHA DANG MA LA MA GÜ PA GYI PA DANG  
disrespecting parents;

KHEN PO DANG LOP PÖN LA MA  
disrespecting one's Lopön (Vajra Master);

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ଓ' පැ එළු පැ දන් | ජ්‍රී පැ එළු පැ දන් | මක්දා පැ එළු පැ දන් | පැ එළු පැ දන් | පැ එළු පැ දන් |

GÜ PA GYI PA DANG DROK TSHANG PA TSHUNG PAR CHÖ PA NAM LA MA GÜ PA GYI PA LA SOK PA DOR NA THO RI DANG THAR PAY KEK SU GYUR CHING  
disrespecting Dharma friends keeping noble precepts, etc.

In brief, whatever causes obstacles to higher realms and liberation, and any unskillful deeds or breaking of commitment

පැ එළු පැ දන් | පැ එළු පැ දන් |

KHOR WA DANG NGEN SONG KI GYUR GYUR PAY NYE PA DANG TUNG WAY TSHOK CHI CHHI PA DE DAG THAM CHAY LA MA DOR JE DZIN PA CHHEN PO LA  
causing samsara and inferior realms that I have done, all of these I confess wholeheartedly in the presence of the Guru, Great Vajra Holder and

ක්‍රි පැ එළු පැ දන් | ක්‍රි පැ එළු පැ දන් | ක්‍රි පැ එළු පැ දන් | ක්‍රි පැ එළු පැ දන් |

SOK PA CHHOG CHU NA ZHUK PAY SANG GYE DANG JANG CHHUP SEMPA THAM CHAY DANG  
all the Buddhas and Bodhisattvas in the ten directions, including the Great Exalted One.

පැ එළු පැ එළු පැ දන් | පැ එළු පැ එළු පැ දන් |

PHAK PA THUK JE CHEN PO'I CHEN NGAR THOL LO SHAK SO  
I hide nothing, I conceal nothing, and vow to terminate these actions.

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ਮਿਚਹਬੋ ਮਿਬਾਦ੍ਵਾ

MI CHHAB BO MI BAY DO

If I make confession like this, I will attain bliss. If not, that will not happen.

ਦੇਤਾਰਥਲਝਿੰਗਸ਼ਕਨਾਦਾਗਦੇਵਾਲਾਡੇਪ੍ਰੇਕਪਾਰਨੇਪਾਰਗਯੁਗੀ

DE TAR THOL ZHING SHAK NA DAG DE WA LA REK PAR NE PAR GYUR GYI

ਮਾਥੋਲਮਾਸ਼ਕਨਾਦੇਤਾਰਮਿਗਯੁਰਵਾਲਾਕਸ੍ਵੀ॥

MA THOL MA SHAK NA DE TAR MI GYUR WA LAK SO

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ਐ।

ਏਨਾਧੁਦਵਨਗਸ਼ਿਵਾਨੁ਷ਾਣੁਤਾ

GANG YANG DAK GI DÜ KÜN TU

Whatever errors have been made by me or others at any time, looking at them fearfully as if seeing a nightmare, I confess them all.

ਛੈਗਪਸ਼ਿਵਾਨੁ਷ਾਣੁਤਾ

DIK PA GYI PA GANG GYUR PA

ਕ੍ਰਿਸ਼ਾਨੁ਷ਿਤੁਵਾਨੁ਷ਾਣੁਤਾ

TRAK PE MI DRAR SHAK GYING

ਦੇਂਦਵਸ਼ਕਸ਼ਨੁ਷ਿਤਾ

DENG NE TSAM TE JUNG MI GYI

From now on I will not do such actions again.

ਭ੍ਰਾਨੁ਷ਕਸ਼ਨੁ਷ਿਤਾ

GE WA NAM LA JE YI RANG

I rejoice in all virtue.

ਖੋਰਲੋਕਰਝਿੰਗਸ਼ੋਲਵਾਦੇਬ

KHOR LO KOR ZHING SÖL WA DEB  
I request the Buddhas to turn the Wheel of Dharma.

ਜਾਂਗਜ਼ੁਦਕੁਹਿੰਦਿਗੁਹਿਤਾ

SANG GYE JANG CHHUB YI KYI ZUNG

Recalling the Awakening of the Buddhas, I dedicate all beneficial actions to supreme enlightenment.

ਤਾਮਸ਼ਤਦਵਹਕਸ਼ਨੁ਷ਿਤਾ

THAM CHE JANG CHHUB CHHOK TU NGO

ਰਾਂਗਿਚਿਵੋਰਗੇਲੋਂਮਾ

RANG GI CHI WOR GE LONG MA

ਪਾਲਮੋਝੁਕਨੇਨਗੋਚਹੇਂਦ੍ਰੋ

PAL MO ZHUK NE NGO CHHEN DZÖ

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ਨੌਰ ਮਕਾਸਾ ਸਾਨੂਮ ਪਾਤੁਸਾ ਦਕਲ ਪਾਵੈ

KÖN CHHOK SUM LA CHHAK TSHAL LO  
I pay homage to the Three Jewels.

ਓਂ ਜਿਕ ਟੇਨ ਗੋਨ ਪੋ ਲਾ ਚਹਕ ਤਸ਼ਾਲ ਲੋ

OM JIK TEN GÖN PO LA CHHAK TSHAL LO  
I bow to the Protector of the world.

ਤੁਬ ਪਾਡੀ ਕ੍ਰਿਪ ਮਕਾਸਾ ਪਾਨ੍ਧੁ ਦ ਪਾਸ ਸ਼ੁਵਾ ਪਾਸ ਮਹਦ ਪਾਵੈ

THUB PAY GYAL CHHOK TÖ PE DRUB PAR DZE PA PO  
One who wants to attain Buddhahood praises the Lord who makes possible such attainments; whom even Buddha Shakyamuni glorifies.

ਨਾ ਮੋ ਮਾਨ ਜੁ ਸ਼ਹੀ ਧੈ

NA MO MAN JU SHRI YE  
I pay homage to Manjushri.

ਜਿਕ ਟੇਨ ਲਾ ਮਾ ਸਿ ਪਾ ਸੁਮ ਗੀ ਤੋ ਪਾ ਪੋ

Everyone in the three worlds praises and celebrates the Lama.

ਜਿਕ ਟੇਨ ਲਾ ਮਾ ਸਾਨੂਮ ਸ਼੍ਰੀ ਮਾਨ ਜੁ ਮਕਾਸਾ ਪਾਤੁਸਾ ਦਕਲ ਪਾਵੈ

JIK TEN SUM GYI GÖN PO CHHOK LA CHHAK TSHAL LO  
DE SHEK PAK ME KU TE KU ZANG DZIN PA PO  
One who wants to attain Buddhahood praises the Lord who makes possible such attainments; whom even Buddha Shakyamuni glorifies. I prostrate to the Sovereign Protector of the three worlds;

ਨਾ ਮੋ ਸੁ ਸ਼ਹੀ ਧੈ

NA MO SU SHRI YE  
I pay homage to the Guru.

ਨਾ ਮੋ ਉਤ ਤਾ ਮਾ ਸ਼ਹੀ ਧੈ ਸੋਹਾ

NA MO UT TA MA SHRI YE SOHA (Repeat three times.)  
I pay homage to the Noble Sangha

ਲਾ ਯਿ ਤਸ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾ ਨਾ ਪਾਨ੍ਧੁ ਦ ਪਾਵੈ

LHA YI TSO WO DÜ DANG TSHANG PE TÖ PA PO  
Even the gods and Brahma celebrate and praise Chenrezig.

ਏਕੰ ਸਤੇਸਾ ਨਾ ਪਾ ਮੇਦ ਜ੍ਞਾਨ ਸੇ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾਵੈ

DE SHEK PAK ME KU TE KU ZANG DZIN PA PO  
One who wants to attain Buddhahood praises the Lord who makes possible such attainments; whom even Buddha Shakyamuni glorifies. I prostrate to the Sovereign Protector of the three worlds;

ਐ। ਏਕੰ ਸਤੇਸਾ ਨਾ ਪਾ ਮੇਦ ਜ੍ਞਾਨ ਸੇ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾਵੈ। ਭੁਗ ਸਾਧਨ ਮਕਾਸਾ ਸ਼੍ਰੀ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾਵੈ। ਭੁਗ ਸਾਧਨ ਮਕਾਸਾ ਸ਼੍ਰੀ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾਵੈ।

DE SHEK NANG WA THA YE U GYEN DZIN PA PO CHHAK YE CHHOK JIN YI DAK TRE KOM SEL WA PO CHHAK YÖN SER GYI PE ME NAM PAR GYEN PA PO  
the one who possesses the excellent Body of Buddhas, crowned by the Buddha Amitabha. Your supremely bountiful right hand dispels the hunger and thirst of the hungry ghosts. Your left hand holds

ਦ੍ਰਿ ਕਿਮ ਸਥ ਪਾਡੀ ਪ੍ਰਿਦ ਸਾਨ੍ਧ ਮਾਨ ਸੇ ਵੁ ਦੁ ਸਾ ਦਕਲ ਪਾਵੈ

DRI ZHIM RAL PAY THRENG WA MAR SER KHYUK PA PO  
a golden lotus. Your sweetly scented orange hair sparkles like necklaces.

ਕਾ ਵੁ ਦੁ ਲੁ ਮਕਾਸਾ ਨਾ ਕੰਦ ਅਵ ਪਾਵੈ

KHA WA DUNG TAR NAM KAR DRI NGE DEN PA PO  
Your sweet-smelling form is like a snowy white conch shell.

ਝਾਲ ਰੇ ਗੈ ਪਾ ਦਾ ਵਾ ਤਾ ਬੁਰ ਦੇ ਪਾ ਪੋ

ZHAL RE GYE PA DA WA TA BUR DZE PA PO  
Your face is full and lovely as a moon.

ਚੇਨ ਗੀ ਪੇ ਮਾ ਚਹਕ ਤੁ ਜਾਂਗ ਝਿੰਗ ਧਾ ਦਕਲ ਪਾਵੈ

CHEN GYI PE MA CHHOK TU ZANG ZHING YANG PA PO  
Your lotus eyes are wide and exquisite.

ਦ੍ਰਿ ਮੇਦ ਵੁ ਦੁ ਕਮਾਸਾ ਸ਼ੁਦਿ ਸਾ ਕੰਮ ਸੁ ਵੁ ਦੁ ਦਾਂਗ ਤਸਾਂ ਪਾਵੈ।

DRI ME Ö CHHAK MU TIK TSHOM BU DZIN PA PO

You hold a mala of stainless, glowing pearls and radiate stunning light, red as dawn.

ਦੇ ਪੈ ਓ ਜੇਰ ਕਾ ਰੇਂਗ ਮਾਰ ਪੋ ਗੈਨ ਪਾ ਪੋ

DZE PAY Ö ZER KYA RENG MAR PÖ GYEN PA PO



ਕੇਂਦਰਾ ਸਾਹਮਣੇ ਪ੍ਰਤੀ ਵਿਸ਼ਵਾਸ ਕੀਤੇ ਗਏ ਅਨੁਸਾਰ ਪ੍ਰਤੀ ਵਿਸ਼ਵਾਸ

TSHOK KŪN NYE WAR SAK SHING TEN PA NYER WA PO  
Keeper of the teachings, you have completed the accumulations.

ਦ੍ਰਿੰ ਮਦੈ ਮਕੱਦ ਲੁਫ਼ੀ ਮਕੱਦ ਪਸ਼ੁ ਸ਼ੁਵੰ ਪਾ ਪਾ

O MAY TSHO DANG CHHU YI TSHO LE DRÖL WA PO  
You liberate from the 'ocean of milk' and 'the ocean of water.'

ਧਾਰਾ ਵਿਸ਼ਵਾਸ ਕੁਬੰਬ ਵਿਸ਼ਵਾਸ ਕੁਸ਼ਾ ਪਾਘਿਸਾ | ਕੁਸ਼ਾ ਵਿਸ਼ਵਾਸ ਕੁਦ ਵਿਸ਼ਵਾਸ ਕੁਦ ਕੁਦ | ਪਾਘਿਸਾ ਵਿਸ਼ਵਾਸ ਕੁਦ ਵਿਸ਼ਵਾਸ ਕੁਦ ਵਿਸ਼ਵਾਸ

GANG ZHIK TAK TU THO RANG LANG NE GÜ PA YI      CHEN RE ZIG KYI WANG PO YI LA SEM JE CHING      TÖ PAY CHHOK DI DAK CHING SAL WAR TÖ JE NA  
Whoever rises at dawn, man or woman, thinking respectfully each day about Chenrezig's qualities, and who will clearly and purely recite these praises –

ਨੇ ਵਿਸ਼ਵਾਸ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ | ਜਿਕ ਟੈਨ ਦਿ ਅਮ ਓਂ ਕੀ ਵਾ ਥਾਮ ਚੇ ਦੁ | ਜਿਕ ਟੈਨ ਜਿਕ ਟੈਨ ਲੇ ਦੇ ਗੋ ਪਾ ਕੁਨ ਦਰੂਬ ਸ਼ੋਕ

DE NI KYE PA AM NI BÜ ME YIN KYANG RUNG      JIK TEN DI AM MA ONG KYE WA THAM CHE DU      JIK TEN JIK TEN LE DE GÖ PA KŪN DRUB SHOK  
in this and future lives, may they satisfy all needs - those of this world and beyond our ordinary world.

॥੭॥ ਸਿਖਾ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ

(Recite above aspiration prayer 7 or 21 times.) [Kneel on right knee]

ਪਾਘਿਸਾ ਪਾਘਿਸਾ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ

TEN PA TEN DZIN YÜN RING NE PA DANG

DAK SOK DRO NAM JANG CHHUB SEM JONG SHING

Grant your blessing that the teachings and their holders long remain. May I and all beings practice Bodhicitta and

ਵਿਸ਼ਵਾਸ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ

ZHI LHAK ZUNG DREL TING DZIN RAB THOB NE  
attain the state of absorption, the union of calm and insight.

ਗੁਨ ਮਾਨੁਕ ਸੇਵਾ ਸਾਹਮਣੇ ਪ੍ਰਤੀ ਵਿਸ਼ਵਾਸ

KŪN KHYEN SHE RAB TOK PAR JIN GYI LOB  
May we realize omniscient wisdom

ਨੈਵਾ ਵਿਸ਼ਵਾਸ ਕੁਦ ਕੁਦ ਕੁਦ ਕੁਦ

(Cleansing & Purifying the torma)

ਔਮ ਹਯਾ ਗ੍ਰਿ ਵਾ ਹੁੰ ਪੇ

OM HAYA GRI WA HUNG PHE

ਔਮ ਸ਼ੁਭ ਬੁਝ੍ਹੁ

OM SO BHA WA SHUDDHA SARWA DHARMA

ਨਾਨੁ ਕੁਦੁ

SO BHA WA SHUDDHO HAM

ਔਮ ਹੁੰ

OM AH HUNG (3x)

ਨਾਨੁ ਕੁਦੁ

(Purify the torma  
by reciting three times)

॥ ଶତ୍ରୁଗାନ୍ଧିରେ ଶୁଦ୍ଧାପଦମଶା

KHA DOK DRI RO NÜ PA NAM

॥ ଶୁଦ୍ଧାକ୍ଷେତ୍ରାଶ୍ଵରାପଦମଶା

PHÜN TSHOK DEN PAY TOR MA DI

॥ ରଥମାତ୍ରାଶ୍ଵରାଶ୍ଵରାପଦମଶା

PHAK PA CHEN RE ZIG WANG DANG

॥ କ୍ରୂପାଶ୍ଵରାଶ୍ଵରାପଦମଶା

GYAL WA SE DANG CHE LA BÜL

This torma, perfect in shape, perfume and qualities, I offer to the noble, powerful Chenrezig, the Victorious Ones and the Bodhisattvas.

ॐ ମା ନି ପେ ମେ ହୁଙ୍ଗ

OM MA NI PE ME HUNG

ॐ ଆକାରୋ ମୁଖମାତ୍ରାଶ୍ଵରାପଦମଶା

OM A KA RO MU KHAM SARWA DHARMA NAM AH DE NÜ PEN NA TO TA OM AH HUNG PHE (3 times) Offering the Torma.

॥ ଯତ୍ତଶୁଦ୍ଧାପଦମଶା

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ଶୁଦ୍ଧାଶ୍ଵରାଶ୍ଵରାପଦମଶା

JANG CHHUB SEM NI RIN PO CHHE

ମା କ୍ୟେ ପା ନାମ କ୍ୟେ ଗ୍ୟୁର ଚିକ

MA KYE PA NAM KYE GYUR CHIK

କ୍ୟେ ପା ନ୍ୟାମ ପା ମେ ପା ଡଙ୍ଗ

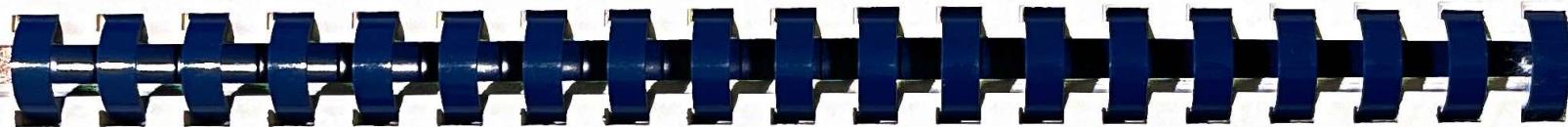
KYE PA NYAM PA ME PA DANG

ଗଂଗେ ଗଂଗୁ ପେଲ ଓର ଦ୍ରୋ

GONG NE GONG DU PHEL WAR DZÖ

The precious Bodhicitta, in whom it has not been born, may it arise. In whom it has arisen, may it not diminish, but flourish and increase.

(Musical Offering)



ଅଣ ॥ ଶୁଦ୍ଧାଶ୍ଵରାଶ୍ଵରାପଦମଶା

(Cleanse and purify the naga torma and other offerings.)

ॐ ତ୍ରୁତିଶ୍ଵରାପଦମଶା

OM HAYA GRI WA HUNG PHE

ॐ ଶୁଦ୍ଧାଶ୍ଵରାପଦମଶା

OM SO BHA WA SHUD DHA SAR WA DHARMA SO BHA WA SHUD DHO HANG

ॐ ଆହୁଙ୍ଗୀ ଶୁଦ୍ଧା

OM AH HUNG (3 x)

ॐ ଦାଶା ଦିକି ଲୋ କା ପା ଲା ନା ଗା ରା ଦ୍ରା ଉରୁ ନା ଭୁ ମି ପା ତି ସାପରି ଓରା ଇଦାମ ବାଲିଙ୍ଗତା କା କା କା ହି କା ହି

॥ ଯତ୍ତଶୁଦ୍ଧାପଦମଶା

81

ॐ ପଦମ ପଦମ ସହି ପଦମ ପଦମ ପଦମ ପଦମ

OM BEDZRA ARGHAM PADAM PUPE DHUPE ALOKE GENDHE NEWIDYA SHAPDA AH HUNG (Musical offering) SANG GYE TEN SUNG JIK TEN KYONG / PHAK PAY KA DÖ LU YI GYAL  
Guardians of the Buddha's Teachings, protectors of the world, attendants of the Noble One, and Naga King,

। ལྷ ཡ ད ར ཟ ད ས ད ས ད ས ད ས ।

ZHEN YANG JUNG PO GEK RIK DANG  
obstructing spirits,

। ཤ ར ད ས ད ས ད ས ད ས ।

JANG CHHUB SEM KYI ZHI ZUNG TE

Please keep Bodhicitta as your foundation; and with the noble intention to serve the teachings and beings, grant the realization of all our wishes.

। ར ས ད ས ད ས ད ས ད ས ।

YÜL ZHI NE DAK DRONG DAK NAM  
elementals of lands and towns,

। ལ ར ར ར ར ར ར ར ར ।

TEN DROR PHEN DE'I LHAK SAM GYI

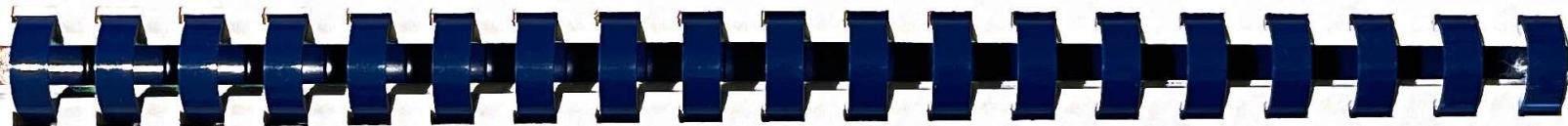
। ར ཕ ཕ ཕ ཕ ཕ ཕ ཕ ।

CHHÖ TÖ TOR MA DI ZHE LA  
accept the offering of this torma and these praises.

। ཙ ཙ ཙ ཙ ཙ ཙ ཙ ཙ ।

YI LA DÖ PA KÜN DRUB DZÖ

(Musical offering)



। ར ར ར ར ར ར ར ।

(Offer bathing to the deity.)

। ར ར ར ར ར ར ར ।

DRO WAY DRÖN ME CHEN RE ZIG GÖN LA

I beseech you, Protector Chenrezig, the light of all beings, please bathe in this continuous flow of fragrant nectar.

। ར ར ར ར ར ར ར ।

DRI ZHIM DÜ TSI'I GYÜN GYI THRÜ SÖL WE

May this be the auspicious gesture for attaining the Three Bodies, all stains and the two veils having been purified.

। ར ར ར ར ར ར ར ।

DRO WAY DRIB NYI DRI MA KÜN SAL NE

। ར ར ར ར ར ར ར ।

DRI DRAL KU SUM NYE PAY TA SHI SHOK

(Musical Offering)

। हे अमर्त्यं प्रतिकृष्णं पाषा

(Blessing of the offerings.)

ॐ सर्वा बुद्धा भूति शर्वा तुः अस्मि द्वया रस्या रस्या रस्या रस्या रस्या रस्या

अस्मि द्वया रस्या रस्या रस्या रस्या रस्या रस्या

NAMA SARWA BUDDHA BODHI SATO BE OM SARWA BI PURA PURA SURA SURA AH WE TE BHE SOHA OM BEDZRA SA PA RA NA KHAM

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या रस्या

OM AR YA LO KE SHO RA SA PA RI WA RA ARGHAM TRA TI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या रस्या

OM AR YA LO KE SHO RA SA PA RI WA RA PADYAM TRA TI TSA SOHA

NYUNGENE

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अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA PUPE TRATI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA ALOKE TRATI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA NEWIDHE TRATI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA DUPE TRATI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA GENDE TRATI TSA SOHA

अस्मि द्वया व्याप्तिं शुभं रस्या रस्या रस्या रस्या रस्या

OM ARYA LOKESHORA SAPARI WARA SHAPDA TRATI TSA SOHA (Musical Offering)

NYUNGENE

KTC

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༄༅ ། གྱི ། ། མ ། ། བ ། ། ན ། ། ད ། ། ན ། ། ན །

KYÖN GYI MA GÖ KU DOK KAR  
Without stain, white is your body,

༄༅ ། ག ། ། ད ། ། ན ། ། ད ། ། ན ། ། ན ། ། ན །

CHEN RE ZIG LA CHHAK TSHAL TÖ  
I bow to you Chenrezig and praise you.

༄༅ ། ཁ ། ། ད ། ། ན ། ། ད ། ། ན ། ། ན ། ། ན །

LÜ TÜ PE NI NAM KÜN TU  
I bow to all those worthy of praise.

༄༅ ། ། གྷ ། ། ཁ ། ། ད ། ། ན ། ། ན ། ། ན ། ། ན །

DZOK SANG GYE KYI U LA GYEN  
a perfect Buddha adorns your head

༄༅ ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད །

TÖ PAR Ö PA THAM CHE LA

༄༅ ། ། ཁ ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད །

CHHOK TU DE PE TÖ PAR GYI  
I pay homage with utmost confidence in every respect.

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

THUK JE CHEN GYI DRO LA ZIK  
and you look on all beings with eyes of compassion.

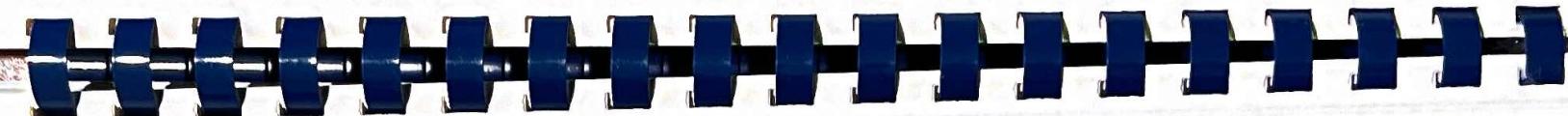
༄༅ ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད ། ། ད །

ZHING DÜL KÜN GYI DRANG NYE KYI  
With bodies equal to all the particles in all realms,

༄༅ ། ། མ ། ། མ ། ། མ ། ། མ ། ། མ ། ། མ །

OM MA NI PE ME HUNG

(Musical  
Offering)



༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

DÜN KHAR PHAK PA YI GE DRUK

In the sky before us appears the Noble One of the six syllables. He bathes us in the nectar that flows from his right hand. The three veils are purified.

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

LHA YANG CHI WOR THIM PAR GYUR (short pause)  
He dissolves into the crown of our heads.

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

JÖN PAY CHHAK YE DÜ TSI YI

In the sky before us appears the Noble One of the six syllables. He bathes us in the nectar that flows from his right hand. The three veils are purified.

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

CHOM DEN DAK LA GONG SU SÖL

Please consider us.

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

THRÜ JE DRIB SUM DAK GYUR TE

Due to agitation and dullness,

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

DAK CHAK JING GÖ WANG GYUR PE

Due to agitation and dullness,

༄༅ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ ། ། ཁ །

TSANG DRA CHHUNG SOK ZÖ PAR SÖL

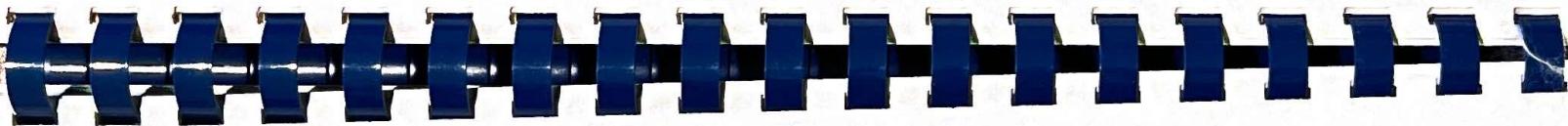
Please regard this lack of clarity with patience.

NYUNGNE  
KTC

The image shows five horizontal rows of Tibetan Buddhist prayer flags. Each row contains five flags, each featuring a different Tibetan mantra in both Tibetan script and English transliteration. The mantras are:

- Row 1:** ངྱ ས ཤ ར མ ཡ / OM PE MA SA TO SA MA YA
- Row 2:** ཡ ཤ ས ཤ ས ཤ / MA NU PA LA YA
- Row 3:** ལ ཤ ས ཤ ས ཤ / PE MA SA TO TE NO PA TIK THRA DRI DHO ME BHA WA
- Row 4:** ཤ ས ཤ ས ཤ / SU TO KA YO ME BHA WA
- Row 5:** ཤ ས ཤ ས ཤ / SU PO KA YO ME BHA WA
- Row 6:** ཤ ས ཤ ས ཤ / AH NU RAK TO ME BHA WA
- Row 7:** ཤ ས ཤ ས ཤ / SAR WA SID DHI ME TRA YA TSCHA
- Row 8:** ཤ ས ཤ ས ཤ / SAR WA KAR MA SU TSA ME TSI TAM SHRI YA
- Row 9:** ཤ ས ཤ ས ཤ / KU RU HUNG
- Row 10:** ཤ ས ཤ ས ཤ / HA HA HA HA HO
- Row 11:** ཤ ས ཤ ས ཤ / BHA GA WEN
- Row 12:** ཤ ས ཤ ས ཤ / SAR WA TA THA GA TA PE MA MA ME MUN TSA PE MA BHA WA MA HA SA MA YA SA TO AH

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### Session 3

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ଓবৰ-ক্ষেষণা-বিদ্যুৎ-ব্রহ্ম-বিশ্ব-দ্বীপ-শাস্ত্ৰ-বিদ্যুৎ-ব্রহ্ম-তেজ-বিদ্যুৎ-ব্রহ্ম-বিশ্ব-দ্বীপ-শাস্ত্ৰ-

*At the end, the field of accumulation dissolves into the supports for practice.*

“OLNAM KHAY THA DANG NYAM PAY SEM CHEN THAM CHAY M

CHHOG CHU NA ZHUG PAY SANG GYE DANG JANG JANG CHHUB SEM PA THAM CHAY DAG LA GONG SU SOL

All Buddhas and Bodhisattvas who abide in the ten directions, please listen to me. Glorious Ones, for however long all beings, equal to the extent of space, have not come to abide on the level of

ਮੈਂ ਸਾਰਾ ਧਰੀ ਮੁਹੱਦ ਵਿਖੇ ਦੇਣਾ ਪ੍ਰਕਾਸ਼ ਨਾਲ ਆਪਣੀ ਮੁਹੱਦ ਵਿਖੇ ਦੇਣਾ ਪ੍ਰਕਾਸ਼ ਨਾਲ

**NE PAY NYA NGEN LE DE PAY SA LA MA ZHUG KYI BAR DU GYAL WA NAM NYA NGEN LE MI DA WAR DE SI DU TEN DI DAG LA TEN PAR ZHUG SU SOL**  
the non-abiding transcendence of misery, do not pass beyond the world of misery; for that long, I pray that you remain steadfastly within these images for devotion.

Ins.1  
(Ses.  
3)

ଓଡ଼ିଆ-ପାଞ୍ଚ-କୁ-ବନ୍ଧୁ-ଦେଶ-ପରି-ଷେଷ-ଦ-ସମଶ-ତଦ-ହି-ଶ୍ରୀ-ଦ୍ୱାଦୁ-ଶ-କ୍ଷେତ୍ର-ପରିଦି-ମ-ବିଷ-ମୀ-ଦର-କୁ-ପହଳ-ପର-ପକ୍ଷୀଶ-ଶୁ-ମାର୍ଗୀ

**KYAY PAR DU KYE CHING CHEN DRANG PAY YESHE PA THAM CHAY JI SI JUNG WA CHHEN PO ZHI'I MA ZHIG GI BAR DU TEN PAR ZHUG SU SOL**  
As long as the four great elements have not decayed, may both the visualized and invoked wisdom aspects (of the deity) remain in (our) supports. Remaining steadfastly,

藏文大藏经

TEN PAR ZHUG NE KYANG DAG SOG SEM CHEN THAM CHAY LA CHHOG DANG THUN MONG GI NGÕ DRUB MA LŨ PA TSAL DU SOL OM SU TRA TIK THRA BEDZRA YE SOHA

I pray that you bestow on myself and others, all beings, the supreme and ordinary attainments without exception.

Om Sutra Tiktra Benzrayay Soha

**\*\* Go to page 91, line 1, "DAK LHA...."**

(Session 3)

ଓঁ হৃষিকেশ।  
 (If we have a representation of the deity)

। ପର୍ବତୀଶ୍ୱର ।

西藏文獻

(If we have a representation of the deity)

DIR NI TEN DANG LHEN CHIK TU

## KHOR WA SI DU ZHUK NE KYANG

## NE ME TSE DANG WANG CHHUK DANG

By staying in this very place, united with this representation, spare us illness and grant us long life and power.

|**ପାକଶ'କୁମର'ଦେବଶ'ଦ୍ଵା'ଶୁଦ୍ଧ'କୁ'ଶଶ'ଦ୍ଵା**

藏文大藏经

**CHHOK NAM LEK PAR TSAL DU SÖL**  
Grant us the supreme attainment in the most excellent way.

OM SU TRA TIK THRA BEDZRA YE SOHA

ਹੈਮੈਨਾ

ਔ

ਤਿਦੁਲੀਸਮਚਨਕੁਨਗੁਰਮਵਦਾ

(If we have no representation of the deity) OM KHYE KYI SEM CHEN DÖN KÜN DZE

You who realizes the wishes of all beings, please grant us that same accomplishment.

ਲਾਰਯਨਾਂਧੁਰ੍ਵਕਪਰਮਵਦਨੁਸਾਨ੍ਤਾ

LAR YANG JÖN PAR DZE DU SÖL  
we implore you to return.

ਹੈਸ਼ਨੁਮਹੁਰਪਦੇਦੰਦਸ਼ਸ਼ੁਘੁੱਖਾ

JE SU THÜN PAY NGÖ DRUB TSÖL

ਸਾਂਗਗੁਲੁਧੁਨੁਸਾਨੇਸਾਨਕਾਨੁਦਾ

SANG GYE YÜL DU SHEK NE KYANG  
Even though you have gone to Buddha's country,

ਬੇਦਜ਼ਰਾਮੁ

ਮਹੁਹੇਤੁਲੀਮਦਨੁਸ਼ਲੁਪਦੈਸ਼ਸਾਨਕਾਨੁਦਾ

BEDZRA MU

(Of the two former prayers, depending on whether we have representation of the deity.)



ਅ

ਏਦਸ਼ਲੁਸਾਨਾਦੇਫ੍ਰੋਪਾਸੀਮਾ

DAK LHA THUK KAY HRI LA THIM

I as the deity melt into light which is absorbed into the HRI in the heart. This dissolves into the sphere of luminosity beyond concept.

ਸ਼ੁਸਾਨਾਹੇਕੇਵਪੰਦਸ਼ਸਾਨਥਪਦਸ਼ਸ

THUK JE CHHEN POR SAL WAR GYUR

the Great Compassionate One with one face and two arms.

ਦੰਧਾਨਲੋਡੇਓਸਾਲਨਗਾ

DE YANG LO DE Ö SAL NGANG

(Rest naturally settled)

ਲਾਰਯਨਾਂਵਦਸਾਤਿਸਾਨੁਸਾਨਿਸਾਦੇ

LAR YANG ZHAL CHIK CHHAK NYI PAY

Then I reappear clearly as

ਨੁਰਸਾਸਾਤੀਸਾਨਦਾਨੁਸਾਨੁਰਕਾ

CHEN RE ZIG WANG DRUB GYUR NE

ਗੇਵਾਦਿਧਿਨੁਰਨੁਦਨਸ

GE WA DI YI NYUR DU DAK

By this virtue, having accomplished the realization of Chenrezig the powerful one,

ਨੁਰਸਾਸਾਤੀਸਾਨੁਦਸ਼ਨਸ

DRO WA CHIK KYANG MA LÜ PA

may I establish all beings without exception in that state.

ਨੁਰਸਾਸਾਤੀਸਾਨਦਸ਼ਸ

DE YI SA LA GÖ PAR SHOK

||୨୮-୩୩-୧୯୮୮ ପଞ୍ଜାବ ସର୍ବିଶ୍ୱାସ ପଦ୍ଧତି ପଞ୍ଜାବ କମନ୍ସଲ୍ ଗୁରୁ||

**DI TAR GOM DAY GYI PAY SÖ NAM KYI**  
By the merit of having recited and meditated in this way,

# ༄༅༅·པ·ཆ·ව·ན·པ·Հ·Ն·Շ·Շ·Պ·Վ·Վ·

**DE WA CHEN DU DZÜ TE KYE WAR SHOK**  
be born miraculously in Dewachen. As soon as we

**\*\* Session 1:** Go to page A1, "The King of Aspiration Prayers of the Noble Kuntuzangpo".

**Session 2: Day 1 - Go to page B1, "Mahamudra Monlam"; Day 2 - Go to page C1, "The Glorious Shangpa Monlam".**

### Session 3: Go to F1, "Aspiration Prayer of Sukhavati (Long Dewachen Prayer)"

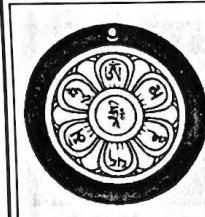
**DAK DANG DAK LA DREL THOK DRO WA KÜN**  
may I and all those connected to me,

ଶ୍ରୀମଦ୍ଭଗବତ୍ପଦାଶ୍ରମି

KYE MA THAK TU SA CHU RAB DRÖ NAY

**TRUL PE CHHOK CHUR ZHEN DÖN JAY PAR SHOK**  
y we benefit others through our emanations in the ten directions.

॥**ଶ୍ରୀପାତ୍ରାନୁଷ୍ଠାନକରଣକ୍ରମିତିରେ ପଦ୍ଧତି** ।



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# The King of Aspiration Prayers of the Noble Kuntuzangpo

